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PLAY GAMES

And Other Play Activities

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ILLUSTRATED BY THE AUTHOR

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EXPLANATORY

1. The Purpose Stated

During an experience of forty years as physical and play director the author has had occasion to read very many books of games. In varying degrees he has found them all to be helpful to play leaders, yet lacking in one or more of the following five qualities a play director desires in such a book: brevity, comprehensiveness, classification of similar games, a standardized nomenclature, and information on how to invent or modify games so as to make interesting changes.

This lack is the only reason for adding another to the long list of books on the subject and the inclusion of these five qualities is the only justification the author has in attempting to supply the lack.

2. Brevity

Presumably, anyone who consults a book of games desires information and wishes to get it in the shortest possible time. Many books of games are too voluminous, too gorged with unnecessary details, seemingly made for children rather than for adults and late adolescents, who alone direct play. The present book is frankly for those who direct play, and who desire a great deal of material in as brief compass as possible. Brevity is secured in many cases by analytical tables of all the elements involved so that countless combinations and modifications are apparent at a glance. These are then followed by many sample games under appropriate heads, each requiring only a line or two of explanation.

3. Comprehensiveness

There are those who contend that it is a waste of effort to teach a large variety of games, since there is time to play only a few, and that if the teacher is constantly teaching new ones, the pupils do not learn any games well enough to make a lasting appeal.

There is some merit to that objection, especially for adults. But youth is the time for wide experience and breadth of knowledge; our system of elementary education is based upon this principle. Besides, the criticism is a damper upon inventiveness. We would never have had some of the most attractive of modern games (for example, baseball, basketball, volley ball) if the play leaders for the last seventy-five years had believed that the age-old games of marbles, hop Scotch, bull in ring, duck on rock, etc., were sufficient. It is for this reason that the author believes in as complete a list of games as is consistent with brevity. The analytical tabulations here presented make this possible.

No attempt is made to list every possible combination in the samples given, but abundant samples are given to furnish the busy teacher all that he may wish to use.

Every book has its limitations, and those of this book should be clearly understood. It is not an encyclopedia, but explains only such games as are suitable for social groups, informal play, gym, playground, and school recreation. All highly technical and major sports are treated merely with a brief sketch and bibliography. In spite of this, the material described here is by far the largest collection for its particular purpose ever attempted, and, considering the endless variations made possible by the tabulation, fully justifies the use of the apparently exaggerated claim for the book.

4. Classification

Every book of games has some sort of classification by which the author plans to present the subject logically. These classifications vary with the different writers; all are useful, but no one of them has a single underlying principle. Such may not have been necessary for the purposes which those writers had as their objective, but none of them can be used exclusively for the purpose that the author of this book has in mind.

Games may be classified in any of the following ways, most writers using several, according to

(1) The play space, as gym, playground, field, lawn, beach, etc.
(2) The playthings used, as balls, rackets, sticks, baskets, etc.
(3) Alphabetically.
(4) Formation of the players, as mass, circle, line, file.
(5) Number of players, as singles, doubles, group, mass.
(6) The kind of action, as run, box, wrestle, dance.
(7) Physical qualities, as speed, strength, skill, endurance.
(8) Type, as baseball type, basketball type, football type.

The Author's Classification

The author's plan is to list avocations *according to the objective of the aggressor.* This seems most reasonable, because his success scores points or penalizes the opponents.

This method of listing games according to the fundamental aim or object sought to attain reveals new relationships. Baseball and a sprint are brothers and should be classed together under "Races," because the aim in baseball is for the aggressor (the batter) to get to a goal (base) before the ball does. There is no sound reason for listing it under "ball games," as is customary, in connection with basketball, volley ball, circle ball, etc. There is not the remotest relationship between baseball and basketball, nor tennis and football, so why list them under the same head? There is, however, a close relationship between basketball, quoits, and dart throwing, since in each case the aim is to throw or toss something

at or into a goal; thus, they should be classed together under some such title as "Goaling Games" (or "goal-it"). But there are other ways to goal an object besides throwing; it may be kicked, carried, pushed, batted, rolled, slid, or shot into it, and although these all should be listed under "Goaling Games," each should be a subdivision and have listed under it all of that particular goaling action.

Using this principle as a basis, the author's plan of classification may be briefly given in the following outline:

Avocational Classification

1. *Physical Ability Play.* (1) Speed: Races, racing games, scrambles, quick actions.

(2) Strength: Self-strength tests, handling heavy objects.

(3) Skill. (*a*) Self control: Tumbling, contortion, co-ordinating, skill dance, gymnastics, athletics, swimming. (*b*) Control objects: juggling, balancing, goal-it games (by bat, toss, throw, hit, roll, slide, kick, carry, blow, shoot). (*c*) Combat sports: wrestling, push and pull, boxing. (*d*) Capture games: detecting and tag games. (*e*) Sense tests.

(4) Endurance Tests.

(5) Personal Capacity: size, reach, holding.

2. *Mental Recreation.* (1) Knowledge: memory quizzes of facts, simple physics, alertness, quick responses.

(2) Poise.

(3) Reasoning Play: puzzles, riddles, guessing, card and check play.

(4) Creative Play: arts and crafts, literary, dramatics, instrumental, fads.

3. *Sociability.* (1) Parties: special days, subject socials, mixers, chance, joke play.

(2) Social Singing and Dancing.

The physical, mental, and social factors in the above are so interrelated that it is easy to criticize the outline. Nearly all physical contests require alert minds. Arts and crafts and playing upon musical instruments might just as well be classed under mental play, etc. This matters little; the important thing is that in listing games and play all races be listed under a single head, tag games under another, memory tests under another, etc.

5. A Standardized Nomenclature

Play directors who have read several of the game books now in print no doubt have noticed the scrambled names given by different writers to games listed by them. They have found them named after (*a*) the play place, as "Aisle ball," (*b*) the plaything, as "Marbles," (*c*) some characteristic action, as "Bowling," (*d*) some member of the body, as "Handball," (*e*) the formation of the players, as "Circle ball," (*f*) a metaphor, as "Duck on rock."

A standard professional nomenclature is needed. The author has devised and explains here a simple, sensible one, which is similar to gymnastic nomenclature, based on the principle of description.

No effort should be made in practice to substitute the new names for the popular well-known games. That would be pedantic; but for professional use a standard nomenclature is a necessity.

The faults of the past hit-and-miss names are readily seen: Playground ball and Kitten ball are almost alike. Suppose a barrel is substituted for a basket in basketball; using the same past method of naming, it would be called Barrel ball; or, if a box were used, Box ball, etc., thus having many names for the same game.

But the worst fault is found in the use of metaphorical names—Duck on rock, Bull in ring, Fox and geese, Ostrich tag, etc. Why not "goose on the rock," or "turtle on a log," or a hundred other metaphors as appropriate? Often such names are fantastic, such as "ostrich tag." If an ostrich ever did the stunt in the game by that name, the owner could make a fortune touring with it.

Then, too, the same game is often called by different names in different parts of the country, which adds to the confusion, and will continue to do so until organizations that promote play adopt a standard nomenclature that has some semblance to being sensible and scientific. To that end the author submits the principle of a descriptive nomenclature, shown herein. Not that he is using such terms exclusively. No educator can flout the customs of the past, so that while proposing a different nomenclature many of the old terms are employed as well as the new.

In adopting a descriptive nomenclature it is not necessary to use every feature of the game—that would be too cumbersome. The distinctive features are named. Thus, note a comparison of the old and proposed terms of a few games:

Old name	*New name*
Last Goose Tag	Last in File Tag
Cat and Mouse	Stop Him Tag
Hare and Hound Chase	Time-start Chase
Prisoner's Base	Imprison Tag
Pom-pom Pull Away	Annex Them Tag

To save space the author does not always give either the old or the new name to many variations of races and games, but usually merely suggests the variations, leaving it to the play leader to apply an appropriate descriptive name. After all, it is not the name but the game that is of more importance.

The Players' Names or Titles. Besides renaming the games themselves it is desirable to revise the names for the different parts that the players have in a game. In team games the terms now in use are sensible;

in baseball the "ins" are batters, the "outs" are fielders; in football the two sides are called the "offensive" and the "defensive," and although it is a little heavy it will do, but "charge" and "guard" would be better. In tag and other mass games the aggressor is called "it" and the others have no specific names, sometimes being called "the remainder" or "the others," etc. The term "it" is not satisfactory. In speech it is often confused with the pronoun and in print must always have quotation marks to distinguish it. Short words which are not found in our language—or, for that matter, not in any language, such as "kif," "zish," "zoof," etc., are greatly needed. The author is not advocating these or any others, but in this book for the sake of brevity he has adopted the simple device of using letters of the alphabet, namely, X for the aggressor (the "it") and Z for the defensive players; and in cases where there are temporary passive players, as in some circle games, such players are called Ys.

Another important change needed in the nomenclature of games is to give standard names to the players, equipment, and conditions of play in imported games that still retain foreign terms. There is no virtue or common sense in keeping alive traditional or foreign terminology or sentiment. Why continue to use "15, 30, 40," "love," "duce," "set," and "let" in tennis, or the French numerals for the fencing guards and thrusts, or "bisque," "roquet," and "innocent ball" in croquet, or "bully," "bye," and "knock-on" in soccer, etc.? In this book all terms are Americanized for Americans. The author believes that when our games are introduced into other countries our terminology should not be used, but should be translated into simple local descriptive terms that are easily understood by all.

6. Inventing Games

Doubtless it is impossible to invent absolutely new games on absolutely new principles. What are usually called new games are merely modifications of the old, some of which become more interesting than the original. Such modifications are not difficult to make. It is merely necessary to unite two or more elements of the analytical tables given at the beginning of various sections of this book. There are limitless possibilities, not all desirable it is true, but enough of them sufficiently useful to furnish a play leader all that he will ever need.

The analytical tables are fairly complete, giving all the factors that are involved in various kinds of play. If these factors are arranged in columns, then by reading across or zigzag, endless combinations invent themselves; it is so mechanical that little thought is needed. An example is the table following the "Analysis of Races" which includes every known race.

1
2
3
a
b
4
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6
7
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11
12
a
b
c
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14
15
Fig. 16
CARTWHEEL
Handspring
17
18
Dive
19-Roll
Change Step
Fig 20
American
RACE COURSE
European
21
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Spring
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64
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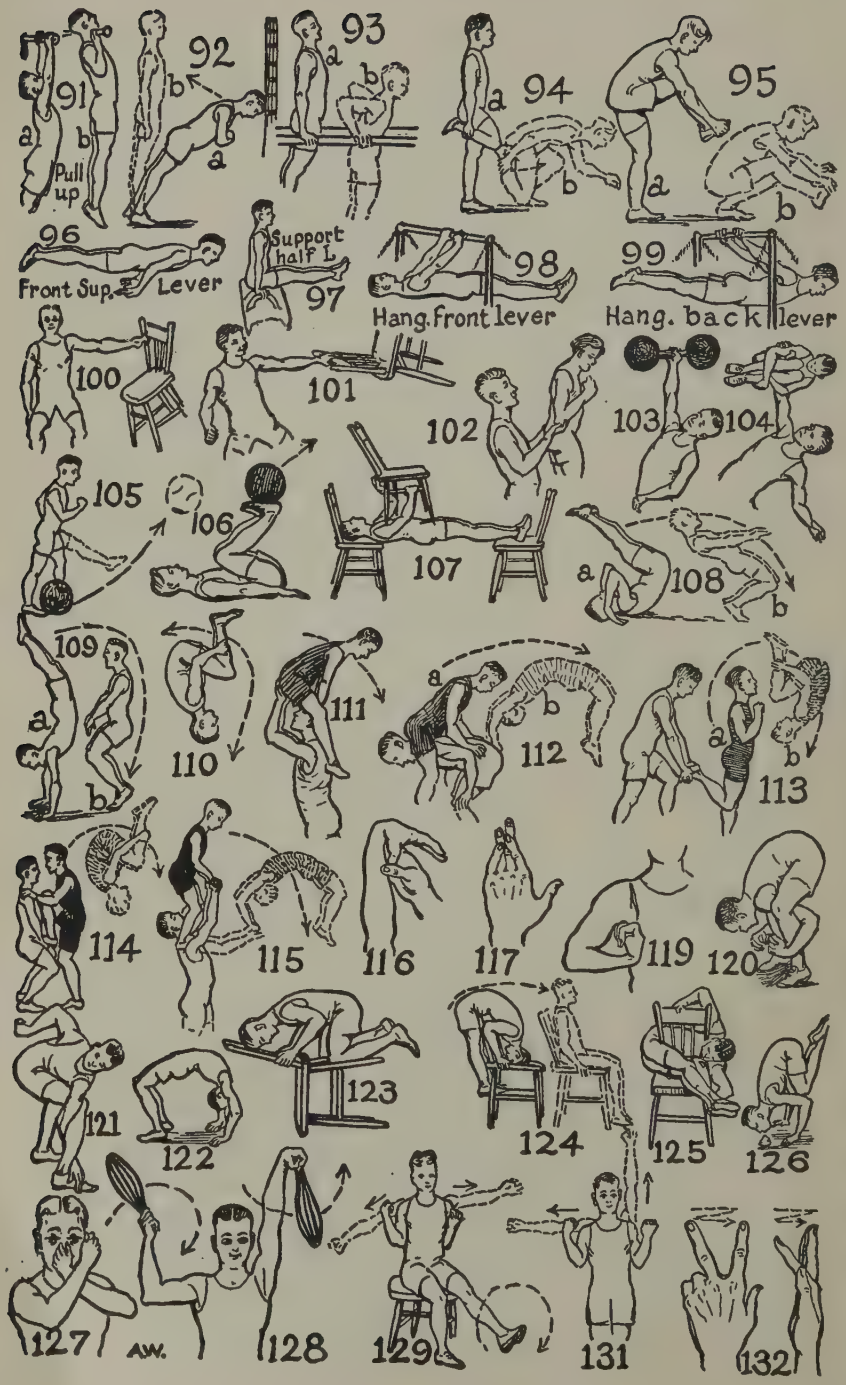
66
67
68
69
70
71
73
74
a
b
c
75
Tired swimmer push
72
76
77
78
2
3
5
1
4
6
Batter
Home base
Pitcher
Far base
79
80
81
82
83
84
85
86
a
b
87
88
89
A.W.
Fig. 90


91
92
93
94
95
Pull up
96
Front Sup.
Lever
Support half L.
97
98
Hang. Front lever
99
Hang. back lever
100
101
102
103
104
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122
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124
125
126
127
AW.
128
129
131
132

a
b
133
a
b
134
a
b
135
136
front vault
136
137
rear vault
138
Side vault
139
Stretch kick
front
back
140
1
2
3
4
5
6
7
8
9
10
11
141
142
balance
a
b
143
144
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146
147
148
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150
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151
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154
155
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157—Tennis Court
18'
21'
21'
18'
78'
36'
Badminton Court
158
10'
10'
15½'
6½'
6½'
15½'
Fig. 159
30'
30'
Volley ball Court
60'
160 Spongeball
20'
20'
20'
161
162
163
1
4
7
2
5
8
3
6
9
Fig. 164
Fig. 165
166
167
168
1
2
3
4
a
b
169

170
171
172
173
174
175
Teapins
176
177
178
31'
14'
179
180
181
182
183
184
185
186
187
Touchdown area
Goal area
188-DREWBALL FIELD
189
190
191
192
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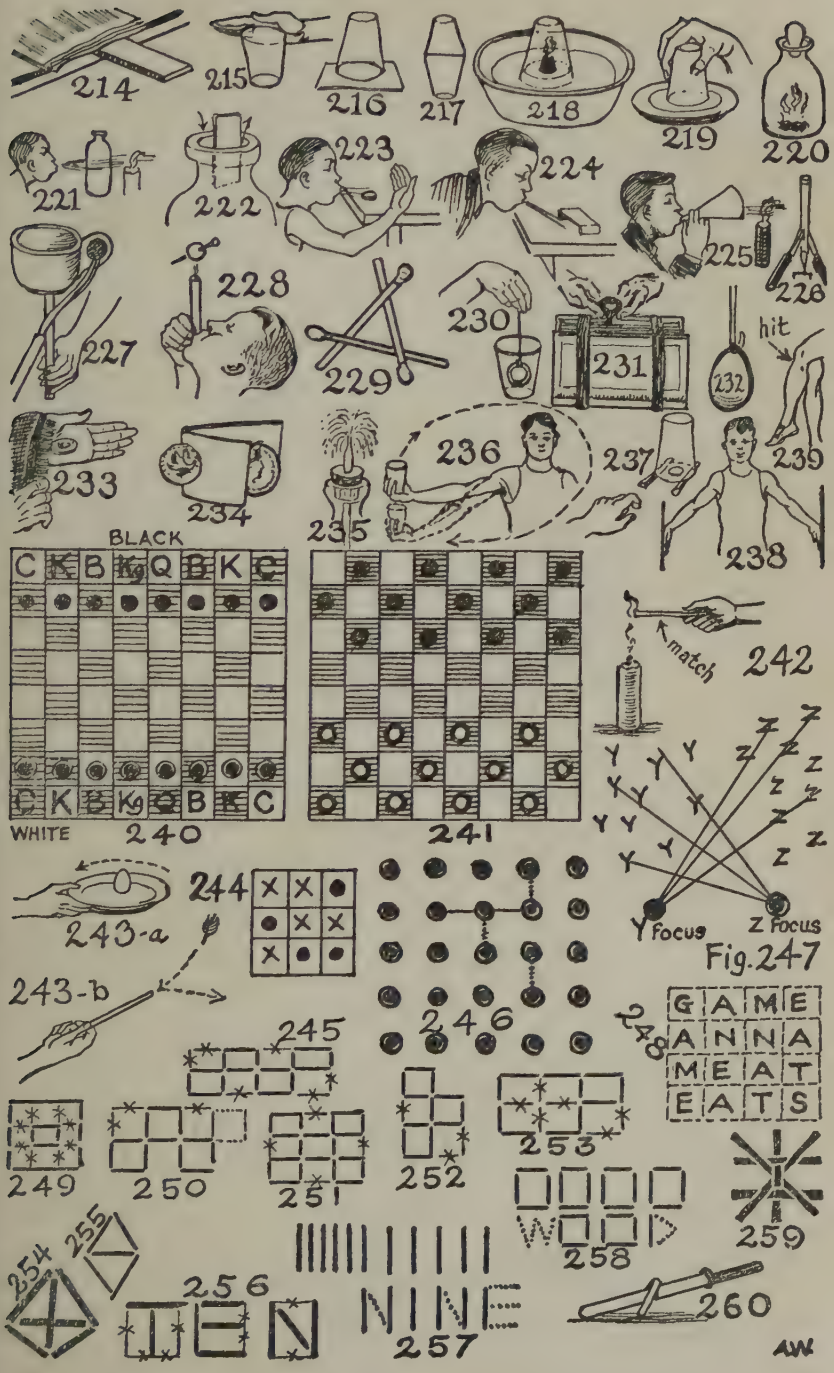
207
208
209
a
b
210
AW
211
212
213
Drop coil
Blow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227
228
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230
231
232
hit
233
234
235
236
237
238
239
BLACK
C K B Kg Q B K C
C K B Kg Q B K C
WHITE
240
241
match
242
Y Focus
Z Focus
Fig. 247
243-a
243-b
244
245
246
GAME
ANNA
MEAT
EATS
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TOP VIEW
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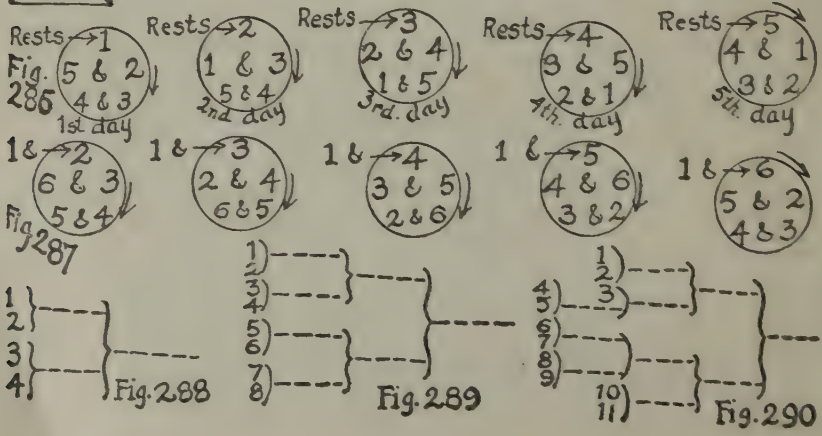
Rests 1 5 & 2 4 & 3 1st day
Rests 2 1 & 3 5 & 4 2nd day
Rests 3 2 & 4 1 & 5 3rd. day
Rests 4 3 & 5 2 & 1 4th. day
Rests 5 4 & 1 3 & 2 5th. day
Fig. 286
1 & 2 6 & 3 5 & 4
1 & 3 2 & 4 6 & 5
1 & 4 3 & 5 2 & 6
1 & 5 4 & 6 3 & 2
1 & 6 5 & 2 4 & 3
Fig. 287
1 2 3 4
Fig. 288
1 2 3 4 5 6 7 8
Fig. 289
1 2 3 4 5 6 7 8 9 10 11
Fig. 290

PART I. PHYSICAL PLAY

DIVISION 1.—SPEED PLAY

RACES

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Analysis of Races

A synopsis of the elements involved in races:

1. *How to Race*
   (1) Forward, backward, sideward, oblique, upward, or downward.
   (2) Individual, team, or team relay.
   (3) Manner: Walk or run (ordinary, cross-leg, sideward heel and toe, heel to toe, knees bent, kneeling, handbalance), skip, gallop, hop, jump, crawl, tumble, scramble, climb, swim, swing, mounted (on skates, stilts, spring shoes, skiis, cart, kiddy kar, pushmobile,

bicycle, glider, boat, canoe, log, plank, animal, person, pogo stick, conveyance, in sack, etc.).

2. *The Route*

One way, to and fro, the use of obstacles (over or around apparatus, fences, boxes, persons, etc.; through hoops, tires, barrels, frames, etc.; under mats, persons, ropes, etc., or any of these in motion).

3. *What to Race On*

Ground, floor, ice, water, air, slippery surface, inclined plane, stairs, ladders, balanced on objects (board, rope, wire, log, ties, stones, etc.), or suspended from objects (ladders, rings, ropes, poles, limbs, etc.).

4. *Attitude to Hold During the Race*

(1) Stand, sit, kneel, lie, leaning support.
(2) Head straight, bent, rotated or blindfolded.
(3) Trunk erect, bent, or rotated.
(4) Arms down, side, front, vertical, flexed, folded, akimbo, bound, holding ankles, etc.
(5) Legs or thighs extended, flexed, closed, spread, crossed, bound.

5. *Actions That May be Executed While Racing*

(1) Bend, rotate, circle, trunk or head.
(2) Thrust, swing, or circle arms (one, both, alternately, in any direction).
(3) Flex and extend feet or legs.
(4) Flex, extend, or circle thighs; lunge; turn; eat; vocalize (read, sing, recite, talk, whistle); Handle objects (throw, strike, roll, kick, push, pull, dribble, shoot, flick, snap, blow, juggle, carry, transfer).

Sample Lists of Races

The following twenty-two Lists were made by combining two or more elements in the above analysis.

List 1—Various Racing Steps

Listing and explaining the fundamental methods of making progress:

1. *Forward or backward walk or run.* To distinguish forward walking from running, the toe of the rear foot must not be lifted until the heel of the forward foot is down. The "heel and toe" of sporting races is an exaggerated hip twist and arm action. A better name for it is "walk race stride."

2. *Cross-leg run or walk.* Cross one leg over the other and keep there throughout the race. Any direction (Fig. 1).

3. *Front cross step forward run or walk.* A line should be drawn forward from each racer over which the opposite foot must step. Backward reverse. Sideward cross step may also be done (Fig. 1).

Table of Racing Elements

These are the same elements as in the preceding analysis, but are arranged in columns.

How to Race						
Direction	*For whom*	*Manner*	*The Route*	*Surface*	*Body position*	*Body action*
Forward	Self	Walk or run: ordinary, cross-leg, knees bent, on knees, side heel, and toe	One way	Ground	Stand	Head bend, rotate, circle
Sideward	Whole team	Scramble	To and fro	Floor	Sit	Trunk bend, rotate, circle
Backward	Team relay	Skip	Over or around apparatus, fences, boxes, persons	Ice	Kneel	Arms: thrust, swing, circle
Upward		Gallop	Through hoops, tires, barrels, frames, etc.	Water	Lie	Feet and legs: flex, extend, circle, lunge
Downward		Hop	Under mats, ropes, persons, etc.	Air	Lean	Turn
Oblique		Jump		Slippery	Head up, bent, rotated, covered.	Eat
		Crawl		Inclined	Trunk erect, bent, rotated	Vocalize: sing, read, recite, talk, whistle
		Tumble		Stairs	Arms down, front, side, vertical, flexed, folded, akimbo, bound, hold foot	Handle it: throw, strike, roll, kick, push, pull, dribble, shoot, flick, snap, blow, carry, make it, transfer, juggle it, etc.
		Climb		Ladders	Leg or thigh: extended, flexed, closed, spread, crossed, bound	
		Swing		Balance on rope, wire, board, log, stones, etc.		
		Swim		Suspended rings, ladder, rope, etc.		
		Mounted on skates, stilts, skiis, spring shoe, rock shoe, kiddy kar, bicycle, glider, boat, canoe, plank, animal, person, pogo stick, sack, conveyance, etc.				

Note: By reading either horizontally or zig-zag across this table or any part of it, the reader can make an endless variety of races.

4. *Back cross step forward walk.* Alternately swing foot backward around the other, extending it forward of the other. Backward reverse (Fig. 2).

5. *Right side-step run or walk.* Step right foot to right, then bring left foot to stand (starting position). Conversely to left (Fig. 10).

6. *Foot to foot run or walk.* Place the standing foot against the stepping foot, forward, sideward, or backward (Fig. 3).

7. *Thigh flexion run, walk, gallop, hop, skip, or jump.* Continuously kick something held at a given height, going in any direction (Fig. 4). In galloping the same foot is always in front. Hopping is done on one foot (Fig. 20). Skipping is a step and hop first on one foot and then the other. Jumping is from both feet to both.

8. *Thigh and leg flexion run, hop, skip, etc.* The knee is raised at every step, going in any direction (Fig. 5).

9. *Leg flexion run, walk, etc.* With thighs bound, raise the foot backward (Fig. 6).

10. *Sideward heel-and-toe walk.* Travel sideward by alternately raising the toes of one foot and the heel of the other, then rotating the thighs (Fig. 7).

11. *Kneeling run.* In any direction with knees heavily padded (Fig. 8).

12. *Bent knee run.* Any direction with the knees bent in a squatting position (Fig. 9).

13. *Crawl.* In any direction on hands and knees (Fig. 11).

14. *Hands and feet run, walk, or jump.* In any direction either facing up or down (Fig. 12).

15. *Feet tethered run, walk, etc.* The length of step is limited by a short rope fastened to ankles (Fig. 13).

16. *Stride run or walk.* The legs are kept apart by means of an ankle loop stick (Fig. 14).

17. *Hand-balance race.* In any direction (Fig. 15).

18. *Tumbling races.* (*a*) Cart wheel (Fig. 16). (*b*) Hand or headspring (Fig. 17). (*c*) Roll in any direction (Figs. 18 and 19).

19. *Forward change-step race.* Step forward with the left foot, then bring the right foot to the left foot and at once step forward again with the left foot, then counterlike with the other foot (Fig. 20).

List 2. Races on Various Courses and Surfaces

Any of the fundamental steps of List 1 may be done on any course or route and on many different surfaces; for example:

1. *Straight one-way races* (straightaway). The customary manner of running most races, as in athletic sprints (see List 17).

2. *Circuit One-way Races.* The racers go (counter-clockwise) in one direction on any circular or oval track, as in athletic track meets (see List 17). In Europe they go clockwise (Fig. 21).

3. *Circuit, Line, or File-of-persons Races.* The racers go around, over, or under persons in any attitude formed in a circle, line, or file (row). See List 16; for example, two persons form a wicket and station wickets as in croquet or otherwise. Racers go through the "wickets."

4. *Irregular Courses.* Racers go in one direction over courses of any irregular shape (zigzag, crooked, maze, etc.):

(1) Zig-zag run (walk, hop, skip, etc.) along a row of objects (stones, sticks set up, posts, persons, etc.) placed three feet apart.

(2) Cross-country runs.

(3) Climbing races on a "jungle-gym" or Swedish ladder, crawling in and out among the rungs.

(4) Through gaps race. Apparatus, etc., placed in parallel rows with here and there a gap through which they race.

(5) Crooked-line race. Crooked lines of the same length are marked on the floor or ground which racers must follow.

(6) String-maze race. Arrange equal length strings over, under, and around rooms (or apparatus, trees, etc.) and each follows his to the end.

(7) Forest race. Race through a forest.

5. *To-and-fro Races.* The racers go to a given place and return (Fig. 22); for example:

(1) Forward skip to wall, then backward skip return.

(2) Forward change step to a line, backward change step return.

(3) Forward cross-step to a tree, circle it twice, backward cross-step return.

(4) Two (or three, four, etc.) base to-and-fro race. Mark parallel lines; race to the first and return, then to the second and return (Fig. 22).

(5) All race forward; at whistle all return, etc., until either end line is crossed by anyone.

6. *Races on Various Surfaces or Footing.*

(1) Backward downhill on hands and feet.

(2) Uphill on barrel staves.

(3) Stiffened sideward roll downhill.

(4) Climb a rope (pole, tree, or ladder).

(5) Race on railroad ties or rails, or a row of boxes.

(6) Race on stepping-stones across a stream.

(7) Race on ice without lifting feet.

(8) Sit on sled on the ice and propel with spiked pole.

(9) Coast or skii downhill.

(10) Mount pull-self race. On a cart, pull self upgrade hand over hand up a rope fastened at the top.

List 3. Throw and Race

Object: Travel in any manner, as in List 1, throwing things continuously or at stated places. Some samples follow:

1. *Interval-Throwing Race.* Lay rows of balls, etc., at intervals and throw them in turn at a target or into a bag placed at finish.

2. *Throw and Gather Stones,* Backward-Skipping Race. A pile of stones at the start. Throw them beyond the finish line, then gather them.

3. *Throw Ball at Wall,* Hopping Race. Throw ball at end wall and recover it once or more times during the race to the wall.

4. *Throw darts to-and-fro Side-step Race.* A board target at start and finish. Throw darts at the far target, then side-step race to it, throw and race to finish.

5. *Forward Back-cross-step Feather-throw Race.* Throw a feather (straw, bit of cotton, or sponge, etc.) continuously from start to finish, traveling forward with the back cross step.

6. *Throw Over and Get It Backward-run Race.* Throw ball (or stones, filled bags, etc.) over a screen, wall, tree, or building, then run backward and get it.

7. *Successive "Put" and Forward Foot-to-foot Walk Race.* Put a shot (rock, filled ball, etc.) repeatedly over the course, racing with the stepping heel always touching toe of the other foot (Fig. 3).

8. *Throw Anything,* backward overhead, run backward on all fours (Fig. 12), and repeat to finish.

9. *Throw Football successive backward* between legs and backward gallop.

10. *Successively pitch* rings over stakes placed at intervals, on hands and feet facing up, race (Fig. 12).

11. *Basketball Goal Throw To-and-fro Race.* From center, throw and follow up, "shoot goal," then run to finish, once or more times.

12. *Successively Shoot Marbles*—then bent knees forward jump.

13. *Arrow-shoot, Kiddy Kar Mount Race.* Shoot several arrows at a target during the race mounted on a kiddy kar (or cart, etc.).

14. *Sling Throw* and tethered feet sideward run (Fig. 13).

15. *Successive Side Upward Distance Throw* and Cart Wheel Race (Fig. 16). Throw filled balls or bags.

16. *Successive Forward Overhead filled ball throw* and forward roll (Fig. 19).

17. *Sideward Roll Downhill.* Throw pillow with teeth.

18. *Circular Track.* Throw ball or balls at center post several times during the race.

List 4. Bat and Race

Object: Race in any manner, as in List 1, and bat something continuously or at certain places in the course. Samples follow:

1. Lay tennis balls at intervals on a circular track. Bat them in succession with a racket at a tree or target at the center.

2. From a 50-yard mark bat several tennis balls against a wire backstop, then side skip and gather them into a box with racket.

3. Bat one tennis ball against a wall several times during a race to the wall.

4. Bat a sponge ball with a paddle beyond a distant line, then skip backward, recover it, and repeat to start line.

5. Run and keep a fluff ball (Figure 23), sponge ball (Fig. 25), toy balloon, or feather-cork (feathers stuck in cork) (Fig. 24) in the air by batting it with hand, paddle, or racket. A fluff ball is made by winding yarn through a center-holed cardboard disk, then thread a cord under the yarn at the center, tie strands together at center, then cut yarn at the outer edge (Fig. 23).

6. Bat toy balloon, sponge ball, etc., with hand to and fro several times over a high wall or screen.

7. Bat a filled ball with hand, racing forward on hands and feet.

8. Bat wooden ball through a series of wickets with a mallet and side skip.

9. Bat a filled ball with club continuously between own spread feet racing backward.

10. *Golf Race.* Make any given number of holes on a golf course or lawn.

11. While racing on a circular track bat a wooden ball at a post with a mallet.

12. Toss up and bat a ball with a short board, holding the board with a hand at each end (Fig. 26), racing forward with a change step.

13. Toss up and bat a water ball swimming.

14. Chase a person and hit him with a swatter during a race.

15. Skating race, cleaving with a slat snowballs placed at intervals.

List 5. Roll-it and Race

Object: Race in any manner, as in List 1, rolling something at given intervals or continuously. Samples follow:

1. Side cross-step race, roll disks, placed along the course, across the finish line, then pile them.

2. Roll four balls at a target, then hopping race, collect them on the backs of the hands.

3. Roll a ball and overtake it before it crosses the finish.

4. Roll a large hoop and run through it once or more times to finish.

5. Skip sideward and roll a hoop.

6. Roll a barrel backward with back of heels (Fig. 27).

7. With the hands dribble a filled ball backward between feet.

8. Roll a wooden box forward with one hand.

9. Race backward dribbling a ball with each hand (Fig. 28).

10. Race forward on hands and feet dribbling a toy balloon with head.

11. Race face up on hands and feet batting a filled ball with elbow.

12. Race forward on knees dribbling a spool with a finger.

13. Run race forward rolling a dumb-bell with a stick (Fig. 29).
14. Roll a bean forward on a table with a stick held in the mouth.
15. Roll a ball with a stick tied to a foot (Fig. 30).
16. Hopping race rolling a hoop with a stick.
17. Roll a sponge ball with a thin flexible stick or reed.
18. Dribble a potato with a pencil.
19. With hand or object held in hand roll a ball through the spread legs of a file or line of persons.
20. Roll a plate.
21. Roll a cone of paper with a straw.
22. Roll a tennis ball with a long feather.
23. Dribble a checker with a straw.
24. Hop and roll a ball with a hopping leg, keeping other leg up.
25. On stilts, roll a piece of 2-by-4 wood with the stilts.
26. On stilts, roll a wooden disk with a pole.
27. On a bicycle, roll a hoop.
28. Roll a potato with a small stick.
29. Hold ankles and roll a ball backward with the heels.
30. Race forward rolling a filled ball with an ankle loop stick (Fig. 31).
31. Lie supine on a small rug on a smooth floor. Propel self with feet and push a ball with the head.
32. Blindfolded, roll a ball with feet or hands, or feet bound.
33. Backward cross-leg step (Fig. 1), roll a round tin can with a stick.
34. With legs bound stiff, sideward jump rolling dumb-bell with feet (Fig. 32).
35. Sit on small rug, propel self and roll a ball with feet.
36. Change-step (Fig. 20) race rolling a ball with a forked stick.
37. Swim race rolling a water-tight barrel, or a short piece of log with side-wheel paddles attached to ends.

List 6. Push or Pull-it Races

Purpose: To push or pull something while racing.

1. Push a loaded wheelbarrow.
2. Push a loaded cart backward on hands and feet.
3. Push a person on a sled on ice with or without skating.
4. Push a wooden disk with a stick on ice.
5. Push a coin along a yardstick, sideward heel-and-toe race.
6. Push one stick with another.
7. Push a baby carriage run backward, hands tied.
8. Push a baby carriage with a stick held against the rear axle using the change step.
9. Race forward on knees pushing two disks with two sticks.

10. Push a chair on a smooth floor having an Indian club set up on the seat.
11. Mounted on a kiddy kar push a ball with the kar.
12. Push or pull a heavy box on the ice.
13. Push a cart with one hand and pull another with the other hand.
14. Pull a person in a cart galloping backward.
15. Crawl forward pulling a small log.
16. On hands and feet facing up (Fig. 12) pull a weight.
17. Pull a person seated or standing on a small rug.
18. Attach strings to two roller skates; put a stone on each skate and hop race.
19. Race backward having weights attached with ropes to ankles.
20. Swimming, push a person in any of the tired swimmers' holds.
21. Push or pull a boat, log, etc., swimming.

List 7. Carry-it Races

Purpose: To carry objects while racing.

1. Carry Indian clubs and set them up at the finish.
2. Forward cross-leg run (Fig. 1) collect objects placed at intervals.
3. Sideward run holding a chair up by its legs.
4. Carry an auto tire run (or hop, skip, gallop) as follows:
   (1) Get inside tire and hold with hands (Fig. 33).
   (2) Tire held around the neck, arms folded (Fig. 34).
   (3) Tire held on the back by hooking the arms (Fig. 35).
   (4) Astride the tire holding the upper part on the shoulder (Fig. 36).
   (5) Carry three tires at once.
5. Run carrying a large ball in each hand at vertical.
6. Race with a person standing on your thighs, grasp his knees (Fig. 37).
7. Firemen's rescue carry race (Fig. 38).
8. Crawl race carrying a person on the back, as (1) top one standing, (2) seated with arms folded, (3) on hands and knees, (4) lying limp across his back.
9. Race backward on hands and knees facing up (Fig. 12) holding a ball with the knees.
10. Race inside a bottomless barrel (Fig. 39).
11. Hopping race, holding a greased croquet ball, palms down, arms extended at side horizontal.
12. Carry a long rather heavy rope or chain race.
13. Backward cross-leg (Fig. 1) race carrying a dumb-bell on two sticks.
14. Race forward on hands and feet (Fig. 12-a), hands holding and resting on roller skates and carry a box on the back.
15. Hop forward, carrying a glass of water without spilling.

16. Forward change step carrying an inverted pail on the head.

17. Sideward skipping, carry fists full of slippery seeds without dropping.

18. Run, carrying a tin plate on the head.

19. Ride on pushmobile, carry sand on a paddle.

20. Climb a ladder, carry person of half weight.

21. Run, walk, crawl, or swim, carry egg, etc., on spoon held in mouth.

22. Swim and carry something dry.

23. Race, carrying a stick or stone on each foot.

24. Race, balancing a ball on back of hand.

25. Carry, a spoonful at a time, seeds or sand to fill a cup.

26. Backward stride race, carry book on head.

27. Carry several articles at once, as (*a*) armful of books and a raised umbrella, (*b*) half dozen packages and large ball, (*c*) suit case, a dozen sticks, and two tennis balls.

28. Carry and thread a long rope or pole through a series of rings or under chairs placed on the course.

29. Hold a cup of sand in each hand at side horizontal and roll forward (Fig. 40).

30. Each foot mounted on a 1-foot piece of board without being attached, carry a chair forward.

31. Race through tires placed at intervals, carrying two large balls.

32. Race and crawl under ropes laid across the course, holding a fistful of sand in each hand.

33. Sideward heel-and-toe race (Fig. 7), carrying seeds on the back of the hands.

34. Race with a plateful of feathers, chaff, thistledown, etc.

35. Race with apples, etc., speared on pins.

36. Carry beans on two matches.

37. Foot-to-Foot race on a line looking through reversed opera glasses, carrying a full plate of sand.

38. Carry a basket of clothes to a line and hang them up with clothes-pins, then carry basket to start line, then get each article separately.

39. Two or more persons carry one object (see List 12).

List 8. Action Races

Object: Race as in List 1, doing some stunt or making something before, after, or during the race. Samples follow:

1. Stride step (Fig. 14), alternately swinging arms forward up.

2. Backward walk on a board circumducting head and thrusting arms to side horizontal.

3. Sideward stride step sideward bending.

4. Forward cross-step race, reading a poem.

5. Forward cross-step race, reciting a poem, or singing a song.

6. Backward race, grasping ankles and whistling a tune.
7. Forward or backward ropeskipping.
8. Fifty yards' run turning twice every 10 yards.
9. Forward race, juggling two balls with one hand.
10. Backward race, balancing a stick on the hand.
11. Forward race, tossing up and catching in mouth a stated number of nuts or popped corn.
12. Forward cross-leg run to board and draw, write, or figure.
13. Forward or backward race writing a given sentence on a pad.
14. Side-step foot-to-foot (Fig. 3) race 10 feet, then tie a given knot.
15. Forward change step 20 yards, then execute a given first-aid bandage, then return.
16. Backward foot-tethered run (Fig. 13), then build toy house with blocks.
17. Backward kneeling race (Fig. 8), then make a simple box.
18. Jump forward alternately on hands and feet (Fig. 12-c), then sew something.
19. Forward bent-leg run (Fig. 9), then cut a paper design with scissors.
20. Backward cross-step walk (Fig. 1) then trim a paper hat.
21. Hop forward cutting a long strip of paper with scissors.
22. Run to a given elevated station, send and receive a wigwag message, then deliver it.
23. Forward rolls (Fig. 19) to a bar, circle the bar, then return.
24. Cart wheels (Fig. 16) to the gym horse, do a given stunt, then return.
25. Three forward headsprings or hand springs (Fig. 17), then a stunt on parallel bars.
26. Run forward part way then backward the remainder.
27. Forward walk, side step, then backward walk.
28. Run forward, hop backward, sideward cross step (Fig. 3-b).
29. Backward skip, forward cross-leg walk, crawl to finish.
30. Forward roll, sideward skip, cart wheel.
31. Backward jump, backward roll, backward on hands and feet, face up.
32. Dribble two balls, juggle them, then throw to someone.
33. Chew a string race. Take hold end, and gather it all into the mouth.
34. Fetch races. Collect nature specimen races.
35. Carry and bounce a ball in a row of circles marked on the course.
36. Play on some musical instrument during race or at intervals.
37. Race carrying a person three ways: on shoulders, astride back, and firemen's carry.
38. Roll a hoop, go through it, then toss it 20 feet to encircle a post.

39. Run in a barrel, roll it backward, crawl through it.

40. Carry a filled ball with knees, toss it up and catch it on the back, run and toss it over head, catch it, run to finish (Fig. 41).

41. With feet bound, throw a filled ball from chest, then kick it to finish.

42. Repeatedly throw an auto tire backward overhead, then go through it at the finish.

43. Bat a sponge ball with a paddle, then hop sideward, then cart wheel (Fig. 16).

44. Alternate cart wheels and handsprings (Figs. 16 and 17).

45. Run balancing a pole on hand, then vault with it over a bar.

46. Run and balance a tin plate on head, then bowl it, run, then balance it on three fingers, run to finish.

47. From the start throw two barrel staves toward finish, race and recover them, adjust them to feet, and race to finish.

48. Run on ice, put on skates, skate backward, then forward.

49. Forward run, forward roll, turn and backward roll, backward skip to end.

50. Backward swim, forward swim to boat, push it to finish.

51. Swim to canoe, upset and right it, climb in, paddle with hands to finish.

52. Kick object along or kick objects laid at intervals, hopping or jumping.

List 9. Stationary Speed—Action Contests

In these speed contests the contestants remain on the spot and do any required act for speed.

1. Tap the table with a finger, hand, or stick.
2. Separate and close the first and fourth fingers of one hand.
3. With hand placed palm down on the table, alternately lift the first and fourth fingers.
4. Honk an auto horn.
5. Finger run on piano keys.
6. Speed typing or long-hand writing.
7. Punch the striking bag.
8. Eat pie, crackers, etc.
9. Standing, alternately kick base board or low kick pan.
10. Rope skip.
11. Thread needle or needles.
12. Sew, knit, crochet, or other feminine work.
13. Nail, saw board, plane, or other male handwork.
14. Tie a piece of candy in the middle of a long string. A contestant at each end chews the string to get the candy.
15. Drink milk from a baby's bottle.
16. Blow and burst two or more paper bags.

17. For scouts. Compete in any scouting activity, as signaling, knot tying, first aid, etc.

18. For industrial workers. Compete in any industrial act, as stamp letters, count cards, set type, sole shoe, bind book, pile brick, shovel sand, etc.

19. Any gymnastic exercise or combinations of them for speed.

20. For speed action and vocal responses see Lists 61 and 62.

List 10. Obstacle and Handicap Races

Any of the foregoing races may be modified by placing obstacles in the way or otherwise handicapping the racers. Some have already been given in the foregoing lists; others follow:

1. *Standard athletic hurdle races:* (1) 100 yards, ten hurdles, each 3½ feet high; (2) 220 and 440 yards, ten hurdles, each 2½ feet high.

2. Forward run and climb over a wall or fence, race.

3. Forward run and vault over persons, posts, or gym apparatus.

4. Forward cross-leg walk (Fig. 1) and crawl under rugs or mats.

5. Side skip and go through small hoops at intervals.

6. Backward blindfolded hop around persons who blow whistles or ring bells.

7. Feet bound, jumping forward race over chairs at intervals.

8. Backward on hands and feet through a series of barrels.

9. On hands and feet, face up (Fig. 12-b), race around a row of persons, etc.

10. Sideward heel and toe weaving race (Fig. 7) along a row of objects.

11. Ankles manacled (Fig. 13) with short rope race over a row of low objects.

12. Attach a four pound filled ball (Fig. 42), etc., to each ankle and race across small logs, etc., laid across the course.

13. Stiffened sideward roll along a row of mats made bumpy by putting something under them at intervals.

14. Forward mat dive (Fig. 18) over persons on hands and knees.

15. With feet dribble a ball, under mats laid across the course.

16. Ankles tied, jump forward and backward over a filled sack, then kick it forward and jump race, repeatedly to the finish.

17. Backward lengthwise cross step (Fig. 1) over a plank set edgewise.

18. Backward lengthwise balance-board race (on the edge of a 2-by-4 joist).

19. Forward run and pole (rope or ring) vault one or more fences, or apparatus.

20. In a sack, barrel (Fig. 39), or hobble skirts, hurdle apparatus, etc.

21. Straddle vault over row of persons (Fig. 43), posts, etc.

22. Forward roll over persons who are on hands and knees (Fig. 44).

23. Scatter peanuts, etc., over the course, race backward without stepping on any of them.

24. Place persons with feet spread in any formation. Racers go through these arches:

(1) Station them as croquet wickets (one racer starts at each end).

(2) In file stride-stand.

(3) In line stride-stand (legs spread).

25. Combine two or more kinds of obstacle or handicap races, as (1) over, under, or around persons in various attitudes and formations (line, circle, file, etc.); (2) forward run and climb over high bar, backward run crawl under rug, backward cross step around two persons.

26. Time or distance handicap races. Give the poorest racers a certain distance ahead of the others or start them at different time intervals.

List 11. Mounted Races

Object: (1) Mounted on small objects attached to feet (for example, skates) or not attached; (2) propels self on a vehicle; (3) races on uncertain foothold; (4) drives animals or conveyances.

Samples:

1. Side-step race (Fig. 10), mounted on blocks and grasping ankles.

2. Race, mounted on short pieces of board, to which is fastened rope to be held and moved by hand (Fig. 45).

3. Backward race mounted on block sandals (Fig. 46).

4. Forward cross step short stilt race (Fig. 47).

5. Mounted on a block-board race. A block board is made by nailing two blocks 4 inches apart under a short board (Fig. 48).

6. Sideward barrel stave skii race, side stepping (Fig. 49).

7. Pogo stick race, forward, backward, or sideward (Pogo stick is

8. *Wheel Sandal Race.* Sandal made of wood, 2 feet in diameter and stilt with a spring in the end (Fig. 50).
fastened to foot like a snowshoe (Fig. 51).

9. Barrel stave skii race turning around at intervals.

10. Mounted on a cart, propel it with hands.

11. *Rocker Skii Race.* A rocker skii is made curved fore and aft (Fig. 52).

12. Kneel on two kiddy kars and propel with hands.

13. *Side Step on Balance-board Race* (Fig. 53).

14. Curl up inside an auto tire and roll down grade, race (Fig. 54).

15. Sit in a dish pan, tub, washboard, etc., and propel self with feet, hands, or objects held in hands (Fig. 55).

16. Mounted on a sled, hitch forward without touching anything but the sled.

17. Race forward or backward on a row of wobbly boards or logs.

18. Race forward on stepping blocks dribbling a ball with a stick.

19. Race forward on a balancing board mounted on wheel sandals (Fig. 56).

20. Race backward on balancing board holding a large ball in each hand at side horizontal.

21. Race sideward on balancing board with a book on the head.

22. Race forward on balancing board holding a chair backward down (Fig. 261).

23. Forward hand after hand travel on a horizontally suspended ladder (Fig. 57).

24. Backward hand jumping travel on horizontal ladder.

25. Swinging travel on traveling rings, race.

26. Any travel exercise on parallel bars, race: Hand support walk, or riding seat travel, or outside cross seat travel, etc.

27. Driving mounted races on horse, horse driven vehicle, bicycle, auto, motor boat, yacht, airplane, etc.

28. *Water skii races* (make skiis of long 2-by-4 inch pieces or make hollow long boxes).

29. Propel races in water on canoe, boat, log, plank, raft, etc.

List 12. Team Races

These are races in teams of two or more persons moving together.

1. Three-legged race in any direction (partners' near legs bound, Fig. 58).

2. Partners face, hold arms, and side skip (Fig. 59).

3. Partners back to back elbow lock, race in any direction (Fig. 60).

4. Partner mount on back carry race. In the gym the top man may circle the high bar, etc., then remount (Fig. 61).

5. Partners lock step (in file, back man holds shoulders of front man) race over low obstacles (Fig. 62).

6. Referee's wrestling hold (Fig. 64), sideward heel-and-toe race (Fig. 7).

7. *Human Wheelbarrow Race.* Hold partner's legs who walks on hands. His hands may also rest on skates, short skiis, blocks, etc. (Fig. 65).

8. *Elephant Race.* On hands and feet carrying partner, whose legs are around your waist and hands holding your ankles (Fig. 66).

9. Partners face or back to back, each one holding one foot of partner, hop (Fig. 67).

10. Back-to-back elbow lock (Fig. 60), feet bound to partner's, race.

11. Partners side by side on hands and knees, facing opposite, arm bound to leg of partner, crawl.

12. Grasp partner's ankles, forward roll (Fig. 68).

13. Tandem hands and feet race, the rear one grasping the other's ankles (Fig. 69).

14. Partners lock near arms and unitedly do any of the races of foregoing lists.

15. Couples carry clothes in suit cases and at a given place don them and return.

16. One of the pair is mounted, the other assists; as, A is mounted on blocks, B pulls the blocks with hands or ropes (Fig. 70).

17. A and B are blindfolded and grasp hands, C, the driver, takes the outer hands of the team and guides them (Fig. 71).

18. Teams form in line, legs bound to next in line, race.

19. Teams in file (tandem) and united in any of the following ways: (1) Grasp front man's ankles (Fig. 69), shoulders, belt, clothing, or around the waist; (2) Astride own left arm and grasping right hand of player ahead, etc. (Fig. 72).

20. Position as in 19-(2), then stride backward race each rear man in turn lying, then run and pull into starting position (Fig. 72).

21. Team lock arms and race, as in List 1 (Fig. 73).

22. All grasp a pole and hold at thighs, back of shoulders, vertical, across the back, or astride it, race as in List 1 (Fig. 74).

23. *Interval Pick-up Race.* Team members are stationed at intervals, A runs to B and joins as in 19, then both run to C, etc.

24. Two or more carry an object (Fig. 263) or person in any desirable position; for example: (1) clasp wrists to make a seat; (2) one holds arms, one the feet, etc.

25. *Team Swimming Races:* (*a*) Tired swimmer push (Fig. 75); (*b*) Back stroke (swim on back) locking near arms; (*c*) Crawl stroke holding partner's wrist; (*d*) Back stroke in tandem, one hand on the front swimmer.

List 13. Relay Races

In relay races the team racers travel one or more at a time in succession over the course. Any of the foregoing races may be run as relays. A few samples follow:

1. *Straight Course Relay.* Each in turn races straight to the finish.

2. *Interval Relay.* The racers are stationed at intervals along the course, each in turn going to the next racer.

3. *To-and-Fro Relay.* Each in turn races to a given place, then returns and (*a*) passes the stick to the next one, or (*b*) having picked up some objects placed at intervals, or (*c*) each one is required to travel in a different way (walk, skip, etc.), or (*d*) one lays the objects, the next gathers them, etc.

4. *Alternate Straight-Course Relay Shuttle.* Half the racers of each team are stationed at each end of the course. One runs at a time and passes the stick to one at the other end, or he may be required to pick up objects or do any other action.

5. *Two-point Circuit Relay.* Each team has two objects around

which it runs. These of the different teams are placed parallel; the start-finish line runs across the middle of these courses so that the judges can sight across and determine the winner (Fig. 76).

6. *Oval Circuit Race.* Each racer goes entirely around the oval track (Fig. 21). On a narrow gym track only two teams race at the same time, each stationed on opposite sides of the gym.

7. *Circle Opponents Relay.* Two teams compete, each racer in turn going around the other team.

8. *Circle Own Team Relay.* Each racer in turn goes around his own team.

9. *Combination Relays.* Two or more of the above used in the same race.

10. *Sample Races Given in More Detail:* (1) In file, run forward and pass back. The back runner receives the passed ball, runs to the head of the file (row), either to the side of the file or over their stooped postures, and passes it back overhead, between feet, etc.

(2) Seated in line (side by side), circle own team and pass something with one hand.

(3) In file, crawl forward under the row of spread legs.

(4) In file, straddle vault over teammates (Fig. 43).

(5) Step over and pass stick. Hold stick with both hands, step over it with both feet, then pass it.

(6) Bag pile. Each one has a beanbag, each in turn runs to a given spot and puts the bag on the others.

(7) Touch call object relay. The leader calls some object that is in sight, each in turn touches it and returns.

(8) File slap relay. In file, the rear man slaps the next one and he the next, etc., the front one going to rear, repeating.

(9) Interval pair act relay. Players at intervals, A goes to B, they do something together, then B goes to C, etc.

(10) Rope jump in file relay. Two of the team hold the ends of a short rope and drag it on the ground under the row (file) of racers, each one jumps over it as it comes to him; the last two take it forward and repeat, etc.

(11) File formation, front racer goes forward to a given spot and does a given act, then returns, etc.

(12) Two at a time carry a chair to a given spot, exchange seats, then return, etc.

(13) Racers stationed at intervals and rider changes at each interval: (*a*) Short races, mounted on cart, pushmobile, pogo stick, etc.; (*b*) long races, mounted on horses, bicycle, auto, etc.

(14) Two carry one relay.

(15) Pass a ball down the row, the last in file zigzags between the racers to the front (Fig. 77).

(16) Sideward heel and toe walk 10 feet (Fig. 7), then blow a

feather along 10 feet with a fan, then thread a needle; return a touch-off.

(17) Toss-and-catch relay. A, stationed at distance, tosses a ball to first in line then runs there. The ball is passed to the others, the last one goes to the same spot and repeats, etc.

List 14. Scramble Races

Scramble races are such circle and mass plays in which the players need to take only a few steps to the goal.

Analysis of the Elements of Scrambles:

A, *Formation at start or finish:* Line, file circle, or crowd.

B, *Posture:* Stand, sit, kneel, lean support, knees bent, lie, head balance, marching, any action, any position of arms, legs, or trunk.

C, *Goal to get to or avoid:* Vacant places in circle, position on chairs, boxes, table, etc., or touching something.

D, *How to travel:* Forward, backward, or sideward run, hop, skip, gallop, jump, crawl, roll, cross-step, etc.

E, *Handicaps:* Tethered feet, carry something, mounted on something, in bag or barrel, turn around, etc.

F, *The leader's signal that starts the action:* Command, number, certain word, song or tune, an action, an attitude, an instrumental note, air, tempo, start and stop, etc.

Sample races:

To invent scramble races and games unite several of the above elements. To avoid repetition the penalty for the loser may be anything agreed upon—usually it is elimination from the game. It will not be stated in every case in the following samples:

1. *Form-line Scramble.* In crowd formation, and numbered. Leader calls to form in groups of any given number of players (two, three, seven, etc.), then (1) the left-overs are eliminated; repeat until all are out; or (2) add the numbers of each group and compare; or (3) see how large a number can be made by forming the numbers in a line.

2. *Touch Him (or it) Cross-step Scramble.* Travel with the cross-step (Fig. 1) and touch anything that the leader designated.

3. *File-partner Scramble.* Girls stand in file. Boys (there should be one more than girls) march around the girls and at a given signal they lock arms with the girls. Eliminate the left-over.

4. *Seat Scramble.* (1) Musical chairs. Place chairs in a row, file, or back to back, one less than the number of players. Then from any formation, position, or action scramble for a seat. Eliminate one player and chair and repeat, etc.; (2) Get a chair from any position or action.

5. *Box-mount Scramble.* All in line, turn around three times, then mount a box that will not hold all.

6. *Hang Scramble.* First to get into hanging position wins, or eliminate the last as in 5, above.

7. Hop into a small circle that will not contain all players. Eliminate.

8. On hands and feet, facing up (Fig. 12-b), scramble to and back up against a limited wall space that will not hold all.

9. Circle of players. Capture a chicken or piggy placed in the circle.

10. *Mount-on-back Scramble.* Odd number of players; at signal mount a back. Eliminate left-over and the last to mount, etc.

11. From any attitude mounted on anything; at signal all race to any given place as in any of the racing lists, then return and remount to former positions.

12. *Couples Scramble.* Stand or sit in pairs, numbered. One pair at center (XX) call the number of any other two couples, who must change places, XX try to get one of the places vacated.

13. Carry a bean bag on the head and scramble for a place on some apparatus, vehicle, or other object.

14. *Squirrel.* Two persons hold hands. At a signal the other players scramble for a place inside their extended arms.

15. *Snatch Objects.* Place candy, nuts, etc., in a pile, barrel, or sack. At signal all scramble for them.

16. *Touch-it Scramble.* Objects are scattered about, or chalk marks are made on the floor or board, one less than players. At signal each tries to touch spot or object.

17. Each one scrambles to a given place, handicapped by kicking a stick or ball with his feet.

18. *Shift-seat Scramble.* A chair for each player and one extra, arranged in line or circle. X inside the circle tries to get a seat and the others shift to prevent him. The Z who did not shift must take X's place.

19. *Direction-shift and Seat Scramble.* Chairs in a row, all filled. Leader signals to shift in either direction and the unseated ones try to get seats, but a different signal may be given before the other is executed.

20. *Roll-to-goal-Scramble.* (*a*) Stiff sideward, (*b*) forward (Fig. 19), (*c*) backward.

21. *Climb Scramble.* At signal climb trees, fences, apparatus, desks, etc., assuming any given attitude.

22. *Combination Scrambles.* Scrambles may be made as complicated as desired by uniting several play elements; for example, each player is given the name of some vehicle or machine, and while the leader reads or tells a story and mentions anyone's machine, that one must do some given act, such as turn around, etc.

23. *Form Groups Scramble.* Distribute cards upon which are written numbers, parts of verses, or sayings, etc., and at the signal those who have parts of the same get together first.

List 15. Baseball (raceball) Games

Since the object of all so-called baseball games is for the batter to get to the bases before the ball does, logically they are races and are so listed in this book under "raceball."

Analysis of Baseball Games:

A, *The kind of surface:* Field, floor, ice, water.

B, *The kind of bases:* Bags, circles, rings or other suspended object.

C, *The number of bases:* One or more.

D, *The kind of balls:* Hard, soft, inflated, cork, sponge, rubber, etc.

E, *How to pitch:* Throw, toss, weak arm, both arms, under leg, roll, kick, toss up and bat, golf bat, throwing machine, etc.

F, *How to bat:* With a wooden bat, one or both hands, feet, racket, paddle, big rope, hose, wooden disk, catch and throw with hands or other object.

G, *How to race:* Forward, backward, or sideward run, walk, hop, jump, skip, gallop, on hands and feet, roll, cart wheel, swim, mounted on stilts, blocks, skates, carts, etc.

H, *To put the player out:* Ball to base first; touch with ball; throw and hit runner; fielder and runner try to hit each other.

I, *How to "field" the ball:* Catch and throw; catch and bat; bat with hands or any object in hands.

To invent baseball games: Unite several elements in the above analysis. The variations are limitless. A few samples follow:

1. *Hard Baseball* (American baseball). Although all of the many technical rules of this game cannot be given here, a brief description of the object will be given. It is played by two opposing teams of nine players each, on an open field at least 235 feet from home plate through first and third bases.

Bases are placed at the corner angles of a square whose sides are 90 feet. The home plate is at one corner and the other corner bases are numbered (counter-clock) 1, 2, 3.

The pitcher's plate is on a line from home to second base, 60½ feet from the rear angle of the home plate.

The defense players (fielders) are pitcher, catcher, three basemen, a shortstop (between second and third bases), and three fielders, who wear suitable gloves to catch the hard ball. The attacking players are batters.

The ball is specially made, 9 to 9¼ inches around and weighing 5 to 5¼ ounces. The bat is of wood and not over 2¾ inches in diameter nor more than 42 inches long.

The object of the game is for each player of the batting team to take turns at batting a ball thrown by the pitcher and then running to the bases in order before a fielder can get it and throw it to the baseman on the base that the runner is approaching. If the ball gets there first, or if any baserunner is touched off-base by the ball in the hand of any fielder, he is "out" (retired). Three put-outs retire the batters, who then change places with the fielders. Both teams at bat once is called an "inning" and the larger number of safe runs around all bases to home made by either team in nine innings determines which is the winner.

There are many restrictions and conditions placed upon the different

players that make the game both interesting and complicated, too many for this brief book to give. Inexpensive rule books are sold at bookstores or sport-goods dealers.

2. *Men's Soft Baseball* (raceball). See indoor or playground ball rule books.

Diamond sides	Pitcher's plate	Size of ball	Size of Bat
27 ft.	30 ft.	17 in.—8¾ oz.	1¾ in. by 2¾ ft.
35 ft.	30 ft.	14 in.—8 oz.	2 in. by 2¾ ft.
45 ft.	35 ft.	12 in.—6 oz.	

Some rules differ from hard baseball: (1) Underhand pitch; (2) A batted ball is safe or out where it first lands; (3) Baserunner may not leave base until the pitched ball passes the plate.

3. *Girls' Outdoor Soft Baseball:*

(1) Diamond, 35 feet. Size ball, 14 inch. How to pitch, underhand.
(2) Diamond, 45 feet. Size ball, 12 inch. How to pitch, underhand.
(3) Diamond, 60 feet. Size ball, 12 inch. How to pitch, underhand.
(4) Diamond, 65 ft. Size ball, 9 or 12 inch. How to pitch, overhand.

Some changes from men's soft ball game: (*a*) Three strikes are out; (*b*) one base on pass ball; (*c*) on 60- and 65-foot diamonds the base runner may steal at any time.

4. *Deep-water Baseball* (raceball). Home base on a low pier, or float. All other fielders on individual 6 by 6-feet floats supported on air-tight cans and anchored. The ball is a perforated soft-ball cover filled with loose corks. Soft ball rules.

5. *Shallow-water Baseball.* Water knee to waist deep. Bases and pitcher's box are marked by stakes on which a foot-square piece is nailed just above the surface, or these may be anchored. Use a ball suitable to the size of the space.

6. *Skating Baseball,* on ice or rollers.

7. *Hang Baseball.* May be either all bases suspended or only the batter hanging, who kicks the ball.

8. *Modified Batting in Baseball Games.* (*a*) Bat with one or both hands; (*b*) racket, paddle, or mallet; (*c*) a piece of rubber hose or rope; (*d*) circular wooden disk held with both hands; (*e*) batter standing, kick a rolled ball; (*f*) catch the ball with a very stiff mit of sole leather or wood, then throw with the weaker arm or throw under one leg; (*g*) batter throws the ball at a post (sticks, or clubs) set up in the diamond and runs if he hits it. A baserunner may not leave a base while the ball is in a batsman's possession.

9. *Lacrosse Baseball.* Use a regular bat and ball but the fielders all use lacrosse sticks to field the ball. The pitcher may throw as in baseball, or throw with a lacrosse stick from near second base.

10. *Modified Pitching Baseball Games.* (*a*) Pitcher throws with either or both hands; (*b*) alternately; (*c*) raise one leg and throw under

it; (*d*) throw backward between legs; (*e*) roll it; (*f*) kick it; (*g*) strike it with mallet, paddle, hockey or golf stick; (*h*) toss up and bat; (*i*) use a projecting machine.

11. *Modify* the Method of *Traveling* in *Baseball* by requiring the players all to navigate in any of the ways given in List 1. Suit the method of batting to the traveling, for example: (1) All use wooden mallets to stop, strike and roll the ball—all players must have legs bound.

(2) All hop, using both hands to bat and throw.

(3) Each player has a racket or paddle. The pitcher tosses the ball up and bats it to the batter. It is fielded with the rackets (stopped, tossed up, and batted) to baseman who stops it with the racket, then picks it up and touches the bag. All use backward change step (Fig. 20 reversed).

12. *Team-put-out Baseball.* Each team remains at bat until all are put out.

13. *Hit Him Baseball.* The baserunner within his lane as well as the fielders try to get the ball and hit an opponent. If he is hit, he is out, but if he hits a fielder, he advances a base.

14. *Skii-Mount Baseball.* Played on land or snow. Players mounted on barrel stave skiis. Use inflated ball and bat with hand, or use soft ball and bat, or use snowballs.

15. *Single-fielder Baseball.* A pitcher and catcher play against the batters. Use soft ball and hit runners to put out.

16. *Toss-up-and-Bat Baseball* (fist ball). The batter tosses up and bats a volley ball with open palm or hits a pitched ball, then runs continuously around another or all bases. The fielders try to hit him with the ball, but must not leave their courts; they may pass the ball to teammates (for court see Fig. 78).

17. *Single-batter Hit-pin Baseball.* Pitcher tosses a volley ball. Batter kicks it and runs continuously around bases. Fielders must throw ball to bases in order and try to knock over a club set up on each base before the runner gets there.

18. *Triangle Baseball.* For a few players use only three bases.

19. *Two-base Baseball* (longball). Soft ball. Home and second bases only. Put players out by hitting them. Any number may be on second base. Runners need not run straight to base (compare 16). The batter (*a*) tosses up a volley ball and bats it with palm, or (*b*) he kicks soccer ball, runs to pitcher and brings back a pin. Fielder hits him or pin from where he is.

20. *Two-base One-batter Baseball* ("one old cat"). One batter only. One base 20 feet to one side. Batter hits and runs to base and return. As each batter is put out he goes into the field and advances from position to position as other batters are put out.

21. *Two-player Baseball.* Only two players (singles). The batter bats a pitched soft ball with hand, then runs to base and return. The fielder gets the ball and races home to put the batter out.

22. *Two-plate Two-batter Baseball* (Irish baseball). Two home plates 50 feet apart, a batter at each. The ball is pitched alternately to the batters, and when hit the batters change bases, but may be put out before they get there. Two outs retire the side, or as each batter is put out he changes places with a fielder.

23. *Cricket* (two-bases hit-wicket baseball). Eleven players on a team. Two wickets placed 22 yards apart (three sticks are stuck into the ground 27 inches high and 4 inches apart, on top of which are laid two small sticks, "bails"). A batter of the "ins" is in front of each wicket. A bowler (pitcher) of the "outs" is behind each wicket; they bowl (throw straight over-arm) alternately and try to hit the wicket from either bounce or "fly" (a hit is an out). The batter hits and both batters may change places and thus score if they think they can safely do so, but need not. The "outs" play the ball to their wicket keeper, who tries to dislodge the bails by knocking them off with the ball in his hand before the runner touches the batter's box. All batters must be put out before sides change places. See full rules in rule books (Spalding Athletic Library).

24. *Double-base Hand-bat Baseball* (Fig. 79). The home base is a 6-foot wide area near one end of the gym, the second base is a 3-foot area across the other end. Back of home base is a batting space. The batter stands just back of the center of the home base and the pitcher stands 6 feet from him back of the home base, also. The pitcher tosses the ball easily to the batter, who bats it with his hand or fist then runs straight or zigzag to the base and return. The fielder throws it from where he picks it up to a teammate and he to another, etc., until it has been passed to all of the fielders and after that any fielder may throw the runner out by hitting him with the ball from where he is. Strikes: Failure to hit it or hit at a good toss. Batting a ball short of the 6-foot line or out of bounds. The runner is out: If tagged or thrown out; comes in contact with the ball; runs out of bounds; remains at second base; fly ball caught; retreats in dodging (he may keep one foot in place and dodge). Fielders lose a point for holding or running with the ball or playing it back and forth twice or more.

25. *Bowl Baseball.* Three bowling pins or clubs are set up in a small triangle just back of home base. The pitcher tries to bowl and hit the pins, thus putting the batter out. The batter hits and runs as in baseball.

26. *Hit-pin Baseball.* Forty-five-foot diamond. Pitcher's box 4 by 12 feet 30 feet from home. A 6-foot circle at home. A club is set up at home and on each base. The pitcher bowls a volley or soccer ball, the batter kicks it and makes a continuous run around the bases. The fielded ball must be thrown in order from base to base, trying to get it to the next base before the runner gets there (he must run back of the bases) or knocking down the club. When a baseman throws he must have one foot on a base.

27. *Kick Baseball.* The regular soft baseball game, except that the pitcher must bowl the ball and the batter kicks it.

28. *Place-kick Baseball.* Use one or more bases. The batter places a soccer ball on home base, takes one step and kicks it, then makes a run around all the bases before the ball gets home.

29. *Drop-kick Baseball.* The "batter" holds and makes a drop-kick, then runs to base. Before kicking it he may have received the ball from a back pass by the pitcher or a forward pass from any given player.

List 16. Person Circle Racing Games

Object: Games in which the players are in circle formation and two or more race around, over, or under them.

Analysis of Circle Races Elements:

A, *How to travel:* Forward, sideward, or backward walk, run, hop, skip, gallop, jump, crawl, tumble, vault players, mounted on objects.

B, *Direction to go:* Both in same or opposite directions.

C, *Handicaps or modifications:* Any posture or movement of any part of the body, use obstacles, or handle objects, as in B, C, D, and E, in the analysis of races.

D, *What act makes one player the aggressor X and another the defender (Z)*: Drop something back of him, touch, kick, push, pull, smile, wink, call names or numbers, etc.

E, *What X and Z may do to each other during the race:* Wrestle, box hats, courtesy, whirl around, shake hands and pull, push, pummel, lasso, etc.

Note: To invent circle races, unite two or more of the above elements, as in the following samples:

Sample Races:

1. *Drop the Handkerchief.* (Drop it and race opposite.) Z walks around back of the circle and drops some object back of anyone (Z). X and Z then race in opposite directions around to see who can get to the vacant place.

2. *Touch, Hop, and Shake.* X touches Z. Both hop opposite. When they meet they shake hands, then continue to the vacancy.

3. *Don-coat Skip Race.* X carries two coats and throws one over Z's head. They side-skip opposite, putting on the coats as they go.

4. *Touch and Back Cross-step.* X touches Z's foot with his. They race opposite with the backward cross-step, as in Fig 1.

5. *Foot-touch and Hands-and-feet Race.* All kneel, X touches Z's foot, race opposite on hands and feet, as in Fig. 12.

6. *Arm Pull Side Skip.* Players face out, one arm extended. X pulls anyone's arm (Z). They side-skip opposite direction.

7. *Push and Heel-and-toe Walk.* Players face out. X, inside, pushes anyone (Z). They race opposite with side-heel-and-toe movement, as in Fig. 7.

8. *Touch, Box Hats, and Gallop.* X touches Z. They gallop opposite and when they meet try to box each other's hat off, then proceed.

9. *Skii Circle Race.* X carries two pairs of barrel stave skiis. He places one pair against any player (Z). They mount the skiis and race opposite.

10. *Kick-ball Circle Race.* X carries two balls. He places one into someone's backward extended hands. They kick the balls opposite around.

11. *Bat Ball Circle Race.* X carries two mallets and balls, gives one to Z. Each places a ball on ground and bats it around the circle.

12. *Hands-and-feet Head-dribble Race.* X carries two balls and gives one to Z. They place them on ground and dribble them with the head around the circle.

13. *Hop and Dribble* a dumb-bell with a stick opposite around.

14. X slaps Z and then chases him, both doing the straddle vault (leap frog) over the others.

15. Players stand a step apart in a circle. X throws a soft ball at anyone and chases him, both zigzag (weave) around.

16. Players face out. X pushes someone, then tries to mount his back.

17. Players face in with palms extended behind. X places a swatter in anyone's hands (Z). Z chases X and tries to swat him around, or Z swats his right-hand neighbor around.

18. Players face in, a leader at center points at, calls, or tosses something or points at anyone (X), who races in same or opposite direction with the player directly opposite to him.

19. X stands with eyes closed at center. Anyone (Z) lassoes X, who then chases Z, both holding the rope.

20. X at center with eyes closed. Players pass a soft ball and someone (Z) hits X with it. X guesses who hit him. If correct X chases Z around.

21. Require the racers to mount on skates, stilts, carts, pushmobiles, rocking boards, in a sack, feet bound, etc.

22. The leader calls names, numbers, or other designations given beforehand, and these are the racers.

23. Require the racers to go over, under, through, or around obstacles, as in List 10; for example, X chases Z, who zigzags under outstretched arms of those of the circles.

24. Require racers to carry something, as in List 7.

25. In circle races in opposite directions require them when they meet to do any imaginable thing, as sing, count, read, whistle, shake hands and pull, vault over each other, dance, any combat stunt, tumbling act, gym exercise, etc.

List 17. Official Standard Athletic Races

Athletic Associations, colleges, schools have certain races in their regular athletic meets that are standard. Some of these are:

1. *New York City grade schools:* 40 yards for 75-pound boys and

less, 50 yards for 85 and 100 pounds, 70 yards for 115 pounds, 100 yards for the unlimited class, 220 yard relay for 70 pounds, 360 yards for 85 pounds, 440 yards for 100 and 115 pounds, 880 yards for the unlimited.

2. *New York City high schools:* 100, 220, 440, and 880 yards, 1 mile, 120-yards high hurdles (3½ ft.), 220-yards low hurdles (2½ ft.), and relays.

3. *New York State high schools:* Same as above except 1-mile run and 120-yards high hurdles.

4. *Intercollegiate and National Collegiate Athletic Associations:* Outdoors—Same as New York City high schools. The N. C. A. A. adds a 2-mile run and does not have indoor meets.

Indoors—70-yards run, 1 and 2-mile runs, 60-yards hurdles, 440, 880, and freshmen's relays.

5. *Amateur Athletic Union:* Outdoors—100, 220, 440, and 880 yards and 1 and 5-mile runs, 3-mile walk, 2-mile steeple chase, 120, 220, and 440-yards hurdles.

Indoors—60, 300, 600, 1000-yards and 2-mile runs, 1-mile walk, 70-yards hurdle, and relays.

Special—10 and 15-mile runs, 1 and 2-mile team runs, and 7-mile walk, and the Marathon run (26 miles and 188 yards).

NOTE: For the technic, rules, scoring of the above and other competitive athletic events see the handbooks of the above organizations or the author's book, *Track and Field Athletics.*

List 18. Water Races

The author does not aim to give lists of races and games for every conceivable place since it is an easy matter for a play leader to adapt what are given here to the place in which he directs games; but since water is such a distinct element some water races will be listed here.

Analysis of Swimming Races:

A, *Direction to race:* Forward, backward, and sideward.

B, *How to race.* (1) Swimming strokes: Face-down or up, crawl stroke, side, trudgeon, breast, feet or hands only, alternate over-arm with frog or scissors kick, spiral (roll in one direction), sculling, upright. (2) Mounted on canoe, boat, plank, log, inflated devices, air-tight barrels.

C, *Routes.* One way, to and fro.

D, *Obstacles.* Piers, canoes, boats, logs, poles, boxes, barrels, inner tubes, persons.

E, *Handicaps.* (1) Arms or legs bound or held in various positions; (2) Handle objects (carry, throw, strike, kick, blow, juggle).

Samples of Water Races:

1. *Standard Competitive Swimming Races,* of American Swimming Associations. Fifty yards for pools more than 60 feet in length, 40 yards for those 60 feet or less, 100 yards, 220 yards, back stroke any distance

from 40 to 150 yards, breast stroke any distance from 40 to 200 yards, four men relay each two lengths of the pool.

2. Throw Swimming Races;

(1) Lay objects at intervals along a low pier or on floats, swim to them and throw at a target.

(2) Place heavy objects (stones, etc.) at intervals on the bottom. Gather one or all at a time.

(3) Swim on the back, carry and throw objects at a target.

(4) Throw objects over a pier, then swim around or climb over and recover them.

(5) Throw a rock or heavy block several times during a race.

(6) Race and pitch hoops or tires over stakes.

(7) Swim with an 8-foot pole and throw at target (Fig. 265).

3. *Bat and Swim Races.* (1) Bat one or more cork or wooden balls along with a stick or mallet.

(2) Carry, toss up and bat an inflated ball with the hand.

(3) Toss up and bat a ball with a bat several times during a race.

4. *Push or Pull Swimming Races.* (1) Push or pull a boat, canoe, plank, etc. (loaded or not), any stroke.

(2) Rest feet on a plank, race forward or backward (Fig. 264).

(3) Push a rigid floating person by grasping a foot (Fig. 75).

(4) Push a wooden ball or disk with a forked stick (Fig. 266).

(5) Swim forward on the back pushing a ball along with feet (Fig. 267).

(6) Swim and blow a light inflated ball, paper boat or box, etc. (Fig. 268).

(7) Push something with one hand and pull another with the other.

(8) Push a board broadside (Fig. 269).

(9) Push two balls or sticks with two sticks.

(10) Pull a boat by means of a rope.

(11) Use any rescue hold as a swimming race.

(12) Swim race dragging an anchor along by the rope.

(13) Push three blocks or balls.

(14) Pull a plank or boat by rope attached to a foot.

(15) Long rope attached to pier or end of the pool. Take the far end of the rope and pull self hand after hand, head or feet first (Fig. 270).

5. *Carry Something Swimming Races.* (1) Swim with a weight.

(2) Carry a ball with feet or knees.

(3) Carry a block or inverted pail on the head.

(4) Carry two apples on two pins.

(5) Carry several objects at once, or one at a time.

(6) Carry anything high and dry (lighted torch, sponge, large ball in each hand, stick held by two sticks, open umbrella, sponge on a plate, handful of sugar, salt, or flour in one or both hands (Fig. 271).

6. *Obstacle and Handicap Swimming Races.* (*a*) Over logs or poles;

(*b*) under boats; (*c*) under persons; (*d*) through hoops, barrels, etc. (Figs. 272 to 274); (*e*) over low piers, etc., once or more times; (*f*) feet or arms or both bound; (*g*) push a pole and go over it several times or go through a hoop; (*h*) zigzag swim along a row of posts (Fig. 275).

7. *Mounted Water Races.* (*a*) Paddle a canoe forward or backward with hands (Fig. 276); (*b*) stand up in canoe, plank, etc., and paddle; (*c*) paddle canoe, upset and right it during race; (*d*) straddle canoe bow (Fig. 277); (*e*) astride air-tight barrel; (*f*) carry objects in a canoe and throw at a target; (*g*) carry something on the head (Fig. 278); (*h*) stand and scull a boat with an oar over the stern; (*i*) paddle canoe to land, then carry it, then paddle; (*j*) doubles or team paddle or row and change seats.

8. *Teams of Two or More Swimming Races.* (1) Pairs, near legs tied.

(2) Pairs, hold each other's hands, upper arms, or arms around shoulders.

(3) Hold near hand or lock arms.

(4) Team tandem, each rear one holds a foot of front one or grasps his hips.

(5) All together push or pull something.

9. *Swimming Relay Races:* Stand in water, knee, waist, or shoulder deep or tread water. Use any stroke:

(1) In file, pass inflated ball over or under (Fig. 279) and swim forward along one side or under legs, or vault over.

(2) Pass a slap from back to front and front one races back, etc.

(3) Players at intervals, each in turn, swims to the next and touches him, or they do some joint action.

(4) Each in turn goes to a given place and return or does some act.

(5) A carries something to the goal, then tosses it to B, etc.

10. Where possible adapt scramble races to water (List 14), relays (List 13), ball games (List 20, races 10, 12, 13, 14, 16, 17, 19, 20, 21, 22, 23) and circle games (List 16).

11. Books: Corsan's *Swimming;* Sheffield's *Simplified Swimming.*

List 19. Object Moving Races

The plan: Move a given number of objects that are near by so that no running is necessary.

Analysis of Elements in Object Moving Races:

A, *Bodily positions to take:* Stand (at attention, or stride, stoop, walk arch cross, or bent-knee stand), kneel on one or both, sit on chair or floor, leaning support, lie (prone, supine, side), balance (head, forearm, or hand), head or trunk bent, arms or legs in any position.

B, *How to move the objects:* Pull, push, slide, throw, lift, bat, strike, roll, flick, blow, eat, pass to others.

C, *What things to move:* Sticks, stones, buttons, seed, sand, cards,

bits of paper, clothespins, dishes, marbles, vegetables, playthings, tools, apparatus, clothing, eats, slippery objects, hot, cold, or prickly things, living things, etc.

D, *Direction to move them:* Forward, backward, sideward, downward, upward, or irregularly.

E, *What to move them with:* Fingers, hands (dry, oily, sticky), arms, mouth, lip and nose hold, shoulders, knees, legs, feet, head, or with something held with hands, feet, or mouth.

F, *Places to move things from and to:* Dishes, boxes, barrels, tables, chairs, bags, ropes, fences, walls, trees, etc.

G, *Handicaps:* Over, under, through, or around other things; blindfolded, mounted on something (box, table, chairs, ladders, in water, etc.).

H, *The number of persons who do the moving:* (1) all together as individuals; (2) all together in teams; (3) relays in line, file, circle, or group formation.

List 20. Small Object-Moving Races

Sample Object-moving Races:

1. With one hand move twenty kernels of corn one by one, from one dish to another.

2. Transfer beans, peas or seeds from dish to dish, by drawing air through a straw, or other tubes held in the mouth. One minute (Fig. 280).

3. Transfer any grain from dish to dish, with a spoon held in the hand or mouth, or use a knife, fork, pincers, chopsticks, etc. (Fig. 281).

4. Slide small objects by hand or stick held in hand or mouth, arranging them in some required pattern.

5. Flick with the finger (Fig. 80), or with something held in the hand, seeds, buttons, etc., into a basket placed several feet away; for example, flick ten piled checkers one at a time a distance of 4 feet into a bag.

6. From a dish of peas, beans, and corn place them into separate dishes, or throw them into distant receptacles.

7. With a long hatpin spear bits of paper and brush them off into a dish.

8. Transfer twelve marbles from the table into a dish, four at a time, by holding them between the straight fingers of one hand.

9. "Shoot" marbles (thumb snap as in a regular marble game, Fig. 81), one at a time through a hole in a board 4 feet away.

10. Transfer bits of paper or pith with a hard rubber comb that has been magnetized by friction on fur.

11. Assemble from a pile of mixed sizes of cards those of the same size.

12. Scrape sand from one part of the table to another by means of the teeth of a comb or a feather.

13. Transfer orange, lemon, or melon seeds with fingers one by one.

14. Fill a glass with water by using a thimble.

15. Put syrup on finger and thumb, then pick up seeds and put into a dish.

16. With a magnet pick up a row of tacks one at a time and put them into a dish without touching the tacks with the fingers.

17. Push a row of beans one at a time across the table, using a small rubber tube.

18. Brush confetti from spot to spot with a feather.

19. With a match pick up ten iron rings, one at a time, and string them on a stick.

20. Place ten cards on the table so that they project over the edge. Transfer them to a dish by holding them between the nose and upper lip (Fig. 82).

21. Move ten beans from a dish on the table into a bag fastened to your back.

22. Stand between two tables on one of which are six objects. Put them one at a time into a dish just within reach on the other table, turning around every time.

23. Run a string around several persons, sticks, posts, etc. Put one or more rings on the string and slide from one end to the other.

24. From a dish placed as high as one can reach, transfer one at a time, ten beans to another dish at arm's reach in the leaning support position, without moving the feet.

25. Stand with feet 2 feet apart. Place a dish 2 feet to the side of each foot. Transfer, one by one, ten objects from one to the other.

26. From the front leaning support (Fig. 83) on the floor transfer three objects from one side to the other, making a complete side turnover each time.

27. In the knees-bent position take three corks out of bottles at arm's length to one side to bottles on the other side (Fig. 84).

28. Transfer ten matches from dish to dish by passing them over own shoulder from hand to hand (Fig. 85).

29. With a fork place ten marbles into a milk bottle.

30. Pile a dozen tin cans without their falling.

31. Thread a rope over and under the rungs of a ladder from one end to the other.

32. Put beans, one at a time, from a cup on the table, to a cup on your head, with or without looking into a mirror.

33. Attach one end of a long string to a chair back. String a piece of cardboard on it and by jerking the string horizontally cause the card to travel along the string.

34. Attach a paper cone on a horizontal string or wire and blow it from end to end.

35. Blow any light object along the floor by blowing through a long rubber tube or hose.

36. Fan any light object along from place to place.
37. Blow feathers out of a jar, or water or grains out of a dish.
38. Blow peas across the table into a cup at table edge.
39. Take out pins one at a time and insert them in a cloth in any given pattern.
40. A cupful of seeds, sugar or salt that is spread out on a table; transfer to the cup with spoon or knife.
41. Blow ten seeds through a tube, one by one, into a basket 10 feet away.
42. Ten burdock burrs in a dish. String them one by one on a suspended string.
43. Do any of the following acts for speed: Roll a skein of yarn, shell peas or corn, thread needles, pare apples without breaking the paring, with one hand hang ten clothes on a line and pin them on with clothespins.
44. Do any of the above that can be done blindfolded.

List 21. Large Object-Moving Races

Many of the following are not suitable for general socials, but on occasions are suitable for men or boys.

1. Pile up a dozen bricks, or several barrels, boxes, chairs, etc.
2. Standing inside a pile of auto tires, raise and throw them over a post.
3. Raise to stand six rigid lying persons (Fig. 86).
4. Lie prone and with feet place six balls, etc., in a box placed beyond the head. Is done by full-thigh flexion (Fig. 87).
5. Stand between two lines 3 feet apart and lift six persons over the lane.
6. Sit in a chair and pick up six balls with the feet, placing them into a box.
7. Lift six persons upon a table, either by standing on the floor or the table.
8. Blindfolded with ten objects on the floor within reach, pick them up and place on table.
9. Throw lifebuoy to partner in water and tow him to land.
10. Weight, javelin, or ball throwing in athletic meets.

List 22. Passing Objects Relay Races

Passing relays are team events, the players remaining in place and pass anything from one to another in any manner indicated. The teams may be in any formation (line, file, circle, close together or open order). The races of Lists 7 and 13 are also suitable for relay races.

Other samples follow:

A, *In file (row) formation:* (1) Pass several objects (*a*) backward

overhead; (*b*) backward between legs; (*c*) forward with feet; (*d*) forward or backward with something held in the hands; (*e*) alternate over and under; (*f*) backward overhead and then forward around each one's waist; (*g*) backward from right hand to right hand and then forward from left to left; (2) three objects together, each turns around when he gets them; (3) pass backward an object in each hand at same time; (4) seated 4 feet apart, pass a filled sack with the feet by turning half way around; (5) lie in a row and pass a ball from hands to hands by raising forward to a sitting position (Fig. 88).

B, *In line (side by side) or circle formation:* (1) Pass objects (balls, poles, etc.) under flexed legs in sitting or kneeling position.

(2) Sit on floor or chairs and pass objects with feet.

(3) Standing, skip rope six times, then pass it.

(4) Pass a rope ring, each one going through it, either standing or sitting.

(5) Pass a card; each one writes his name on it.

(6) Pass a rope circle from foot to foot (Fig. 89).

(7) Lie prone arms length apart and pass something without turning.

(8) Pass a ring from stick to stick.

(9) Pass a barrel with no ends; each one climbs into it and then raises it up (Fig. 39).

(10) Pass a simple puzzle; each one must work it before passing.

(11) Roll a large box or trunk as baggagemen do, down the line.

(12) Open order, throw a bicycle tire over the next one's head; it must encircle him and drop to the ground before he can pass it.

(13) Stand on chairs just within reach and pass a ring from finger to finger.

(14) Tie a necktie around the next in line; he unties it and repeats, etc.

(15) Each has an inflated paper bag and in turn bursts it on the next one's back.

(16) Pass anything blindfolded.

(17) Pass clothespins on knives, or an egg or marbles on plates (either the same plate or from plate to plate).

(18) Each has a peanut. Spear and pass them by using a pin only.

(19) Pass a thread and then a needle, the last one threads it.

(20) Pass a thread. Each one has a needle and threads it in turn.

(21) Each one has three burdock burrs, each attaching his to those passed to him forming a burr rope.

(22) In line each grasps his right neighbor's right wrist with the left hand, then pass one or more objects along from hand to hand (Fig. 90).

(23) Double line zigzag pass. Each team forms two lines facing. Pass or throw a ball or other object zigzag from line to line to the end.

(24) In circle formation, every alternate person belongs on the same

team. Each team passes an object around at the same time and direction. Use any of the above passes.

(25) Pass a lighted match or stick until it goes out.

(26) Teams in shuttle formation. Throw and catch ball, each one drops out after he has thrown.

(27) Pass a coin down a line of men; it must be passed through each coatsleeve (either from top or bottom).

(28) Brush a bit of photo film along a tablecloth by means of a toothbrush or toothpick.

PART I. PHYSICAL PLAY
(CONTINUED)

DIVISION 2—STRENGTH TRIALS AND CONTESTS

Play activities whose chief emphasis is upon strength are not so popular and therefore not so numerous as speed and skill play, but a limited number of them never lose their interest, among which are those given below.

Analysis of Strength Play Elements:

A, *The bodily position:* Stand, kneel, sit, lie, all fours.

B, *How to move it:* Lift, push, pull, throw, kick, strike, roll, tear apart, crush, break, bend, or merely hold it.

C, *What to move:* Self, persons, animals, apparatus, furniture, appliances, balls, boxes, barrels, etc.

D, *With what to move or hold it:* Teeth, fingers hands, arms, shoulders, back, legs, feet, or by means of other objects.

E, *Direction to move it:* Forward, backward, sideward, upward.

F, *Number of persons:* One or more.

G, *Handicaps:* Over, under, through, or around other objects, up inclines, on various surfaces, in water, etc.

Total List 23. Sample Strength Tests and Play

To invent play features requiring strength, unite two or more of the above analytical elements. Some are listed here:

1. Hang and pull up to chin with both or one arm (Fig. 91).

2. In front leaning support on the floor (Fig. 83): (*a*) bend arms; (*b*) clap hands; (*c*) long reach; (*d*) supported on one arm, bend it and pick up an object with mouth, then raise.

3. Front or back leaning support with hands or head against the wall; push to stand without or with holding some weight (Fig. 92).

4. From stand, drop with rigid body to bent arm leaning support (Fig 83 with arms bent).

5. From "rest" (straight arm support) on bars, bend and straighten arms (Fig. 93).

6. Arms at vertical (held up as in Fig. 74-a), lie down on the back and rise without turning or help from arms.

7. Grasp right foot with right hand, then bend the left knee, touching the right knee to the floor, then rise (Fig. 94).

8. Grasp right foot with right hand and hold it forward, then do a full bend of left leg and rise (Fig. 95).

9. Lever positions, resting on floor or apparatus (support lever) or hanging (hang lever—front, back, side, half—Figs. 96 to 99).

10. Other high-bar exercises: (*a*) backward circle to back hang and return; (*b*) backward or forward circle upon the bar; (*c*) hang by toes or heels; (*d*) from hang pull up to rest; (*e*) hang from rings, arms extended at side horizontal.

11. Lifting strength tests: (1) hold a chair, etc., at side horizontal, either holding the top with hand or finger (Fig. 100), or grasp the back legs, or grasp the back and hold it horizontal (Fig. 101); (2) Lift a heavy dumb-bell, etc., from floor to vertical (Fig. 103); (3) Lift a person by holding his elbows to his sides (Fig. 102), or in a doubled-up position grasp him by upper arm and raise to vertical (Fig. 104); (4) Lift bags of grain, furniture, or other vocational burdens; (5) Lift two persons.

12. Throw objects for distance or height: athletic shot, hammer, discus, javelin, balls, garber (log), inflated bags, balloons, feather, straws, paper plate discus throw.

13. Kick football for distance.

14. Lift and hurl a filled ball with one foot (Fig. 105).

15. Lie on the back with thighs and legs flexed and a filled ball on the feet. Hurl with feet (Fig. 106).

16. Bat a baseball or golf ball for distance.

17. Roll a tire or wheel for distance, either on the level or incline.

18. Push or pull heavy vehicles.

19. Strong man stuff; (*a*) Tear a pack of cards in two; (*b*) crush things with the grip; (*c*) rod bending; (*d*) chain breaking by chest or biceps.

20. Lie with shoulders on one chair and feet on another and lift another chair from side to side (Fig. 107).

21. Test strength of various groups of muscles with a dynamometer.

22. Team strength: (1) In file, hold around waists of teammates; (2) ropepull (tug of war); see List forty-seven (9), or use any kind of rope hold.

PART I. PHYSICAL PLAY—*Continued*

DIVISION 3.—SKILL PLAY

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PERSONAL SKILL PLAY

Tests and contests of skill are the most numerous and popular of all physical play. Strength and endurance tests are too exacting ever to be popular. Speed contests are somewhat more popular, especially among youth with their excess of energy, but they also require too much energy to have a great appeal. But the very genius of skill is to do something accurately with the least energy; that is the constant aim in every occupation and art and accounts for its appeal in play, and also for the fact that all physical games are skill games.

Sample Lists of Skill Play:

Total List 24. Single Tumbling and Knacks

1. *Forward Rolls:* (*a*) Hands on the mat; (*b*) arms at side horizontal (Fig. 40); (*c*) grasp ankles (Fig 19); (*d*) arms twisted about legs; (*e*) arms folded; (*f*) abdominal, with trunk arched.

2. *Backward Rolls:* (*a*) To standing position; (*b*) to head balance; (*c*) to hand balance; (*d*) through the head balance and half turn to stand.

3. *Mat Dive* over some object (rope, bar, rolled mat, etc. (Fig. 18).

4. *Sideward Handstand Turnover* (cart wheel): (*a*) Both hands (Fig. 16); (*b*) one hand (either left or right on either side); (*c*) with a turn and snap-up to stand.

5. *Handspring:* (*a*) Forward (Fig. 17); (*b*) backward; (*c*) with turn.

6. *Mat Upstart:* (*a*) Lie on the back with thighs flexed and hands on the floor beside the neck, upstart to stand (Fig. 108); (*b*) same with hands on thighs; (*c*) arms folded or spread; (*d*) from a start for a forward roll, upstart.

7. *Snap-up to Stand:* (*a*) from momentary handbalance; (*b*) cart wheel, or handspring.

8. From front leaning support position (Fig. 83); (*a*) squat vault forward to sitting position (as in Fig. 87-a); (*b*) horizontal leg circle; (*c*) step in a circle from front to back leaning support.

9. *Summersault:* (*a*) forward or backward (Fig. 110); (*b*) forward with run; (*c*) with a half turn; (*d*) sideward.

10. *Combinations* of the above.

Total List 25. Double Tumbling

X is the tumbler and Z is the thrower.

1. X does a straddle vault over Z's head. X places hands on Z's head. Z places hands under X's thighs from inside (Fig. 111).

2. X lies supine with knees flexed. Z grasps X's hands and pulls him to stand with enough force so that X straddle vaults over Z.

3. Z stands back of X, grasps his hands. X springs and vaults backward over Z's head.

4. Assisted forward handsprings from the following positions: (*a*) Z has his head between X's legs and X places his hands on Z's back (Fig. 112); (*b*) X stands on Z's shoulders and grasps his hands (Fig. 115).

5. Assisted forward summersaults from the following positions: (*a*) Z lies supine and places his feet in X's groins, each grasping the other's shoulders; (*b*) same but X grasps Z's ankles; (*c*) Z stands back of X and grasps his hands; (*d*) Z stands back of X grasping one of his feet (Fig. 113).

6. Assisted backward summersaults from the following positions: (*a*) Z grasps one of X's flexed thighs; (*b*) X places his hands on Z's shoulders and one foot in his clasped hands (Fig. 114); (*c*) Z faces X placing his hands under his crotch; (*d*) Z lies supine placing his feet against X's buttocks; (*e*) Z stands back of X placing his head down so that X sits on the back of Z's shoulders; (*f*) X and Z stand back to back grasping hands above shoulders, then Z bends forward throwing X over him; (*g*) X sits facing on Z's shoulders, Z holding X's hips; (*h*) X and Z are back to back, X's hands are on the floor and his legs are astride Z's waist, Z grasps X's legs and bends forward rolling X over him; (*i*) X lies supine with thighs and legs flexed and grasping his own shins, Z stands astride X, grasps his ankles, and swings him forward into a summersault; (*j*) X shoulder, bends forward throwing X over him; (*k*) X stands on Z's stands back of Z with hands on Z's back, Z grasps X's head over his own shoulders (Fig. 115).

Total List 26. Bendings (Contortions)

1. *Finger Tricks:* (1) Touch the right wrist with the right thumb (Fig. 116).

(2) Press the hand backward so that the fingertips touch the forearm.

(3) With the tips of the first and third fingers of one hand touching pass the middle finger back and forth between them.

(4) Try to touch the first and fourth fingers back of the others (Fig. 117).

(5) Clasp hands reversed and crossed, then twist them inward so that the knuckles are up, then try to lift any finger designated.

(6) Place the palms together, then try to separate the third fingers.

(7) Fold the fingers of one hand over each other in succession.

(8) Hold the loops of a pair of scissors with the little fingers, then turn the hands inward so that the points are up.

(9) Fold the forefinger of each hand over its own thumb near its second joint, then bring them together to look like one thumb, then upon quickly separating and replacing the joints it gives the appearance of pulling a thumb apart.

(10) Grasp the right thumb with its own fingers, then place this fist firmly into its own armpit, then try to straighten the thumb (Fig. 119).

(11) Rapid finger traveling: (*a*) Touch the left forefinger to the right thumb, the other two, etc., repeatedly. (*b*) Alternately touch the fingertips of the reversed hands, then quickly twist the wrists and repeat. (*c*) Touch the extended forefingers and thumbs, then alternately and quickly bring the thumb of one hand to its forefinger and then extend the forefinger in imitation of an inchworm climbing.

2. Place the palms together, then evert the hands so that the fingers point downward without separating the heels of the hands. The same back of the body from pointing downward to pointing upward.

3. Touch the hands at the shoulder blades by reaching one hand over the shoulder and the other backward (Fig. 85).

4. Reach arms down between and around the knees, hands front of ankles, then open a knife blade (Fig. 120).

5. Grasp right wrist with left hand back of hips, then bend knees and touch floor with left hand.

6. Twine the left arm around the right leg from the right of it so as to pick up anything from the right of the right foot (Fig. 121).

7. Grasp a 3-foot stick held with reversed grasp back of thighs; circle the stick forward to front of thighs; now step over the stick with one foot and then the other.

8. Stand with back two feet from a wall and arms at vertical, bend backward touching the wall.

9. Hold stick to chin with 18 inches of the stick pointing upward, then bend backward so that the stick touches the floor.

10. Stand, bend backward and touch the floor with the hands (Fig. 122).

11. Grasp a wand with right hand at one end and left hand near the other end; place the left end against the baseboard, then bend and circle the body under the wand.

12. Place a kitchen chair face down on the floor; kneel on the back legs of the chair, grasping the side upper posts; touch forehead to top of the chair (Fig. 123).

13. Stand back of a chair, grasping the seat of the chair; place head

on the seat of the chair, then circle the body forward to sitting position on the chair (Fig. 124).

14. Sit on chair, grasping the front legs of the chair; roll forward to supine position, then revert to sitting position.

15. Sit sideward in a chair; stretch around the back of the chair and pick up a piece of paper with the mouth (the paper is on the other side of the chair (Fig. 125).

16. Sit sideward in a chair, then crawl around the back of the chair to the seat. (Continue from Fig. 125.)

17. Long reaching stunts from the following positions: (*a*) Sit on a chair with feet up; (*b*) squat on a box; (*c*) leaning support on floor on hands and feet; (*d*) stand and reach backward between the legs; (*e*) kneeling with heels under a support; (*f*) in a kneeling position place a piece of paper at forearm's length from the knees, then place hands on the back or hips and pick up the paper with the mouth.

Total List 27. Co-ordination Knacks

The object in these is to do at the same time different things with different parts of the body.

Analytical List of Elements:

A, *Arm or hand actions:* Grip; flex and extend fingers or hands; circumduct fingers or hands; flex and extend forearms (downward, side horizontal, front horizontal, vertical, or alternately); thrust arms (downward, sideward, forward, upward, alternately); swing arms (sideward up, forward up, horizontally, alternately); throw, strike, roll, juggle, or transfer objects; write, draw, or make something; one arm one of these actions, the other another action.

B, *Leg Actions:* Leg flexion and extension; thigh flexion and extension; thigh and leg flexion and extension; thigh rotation; thigh circumduction.

C, *Trunk actions:* Bend forward and backward; bend sideward; rotate; rotate and bend; circumduct.

D, *Head actions:* Bend forward and backward; bend sideward; rotate; circle.

NOTE: By uniting two or more of the above elements a large variety of tests of co-ordination may be made. The following are samples:

1. Rub the chest circularly with one hand and pat the head with the other.

2. Circle one hand or thumb forward and the other backward.

3. Circle one hand forward or backward and move the other hand horizontally.

4. Grasp the nose with the left hand and the left ear with the right hand; now quickly grasp the nose with the right hand and the right ear with the left hand. Repeatedly (Fig. 127).

5. Sideward heel-and-toe walk (alternately raise opposite heel and toe and rotate the thighs (Fig. 7).

6. Continuously jump from feet to hands, alternately spreading and closing feet and hands.

7. Write the same or different words or sentences with both hands at the same time.

8. Draw the same or different pictures with both hands at once.

9. Same with feet having crayons attached to sticks and strapped to feet.

10. Draw and sing, play harmonica or horn or piano.

11. Combine different circles in club swinging; (*a*) full-arm forward and backward; (*b*) full-arm and hand; (*c*) hand circles in any position (front or back of same or opposite hip, shoulder, thighs (Fig. 128).

12. Clap hands drill. For example, "Bean Porridge Hot": A and B sit facing, slap own thighs, clap own hands, clap opponent's right hand; repeat thighs, own hands, then opponents left hand; thighs, own hands, opponent's right, own both, opponent's left, own both, then opponent's both. May be done with reciting verses:

"Bean porridge hot, bean porridge cold,
Bean porridge in the pot nine days old.
Some like it hot, some like it cold,
Some like it in the pot nine days old."

13. Thrust one arm forward, circumduct (circle), the other at side horizontal.

14. Thrust arms to side horizontal and circumduct the thigh (Fig. 129).

15. Thrust one hand to vertical, move the other horizontally (Fig. 131).

16. Balance a stick on one palm and write with the other hand.

17. Stand, sit, or lie; circle arms alternately forward and move the feet forward and backward fast.

18. Separate the first and second fingers, one hand forward, the other sideward (Fig. 132).

19. Make circles with right hand on the table in one direction and with a foot on the floor in the opposite direction.

20. Place beans from one circle on the table to another with one hand and write a sentence with the other hand.

Total List 28. Jumping, Vaulting, Kicking, Hopping Games and Play

1. *Standard athletic meet events:* Standing and running broad (long) and high jumps, standing hop, step, and jump, pole vault. Sometimes three broad jumps, rope vault, ring vault, fence or bar vault. The technic

and competition rules are given in athletic handbooks, as in Wegener's *Track and Field Athletics.*

2. *Standing broad jump variations:* (*a*) Holding something with hands, knees, or feet; (*b*) half or full turn; (*c*) jump and alight for form; (*d*) hold something on the head; (*e*) toe a line, grasp the toes and jump over the line; (*f*) with splints on knees jump over a line; (*g*) jump forward from a kneeling position (Fig. 8); (*h*) from leaning support (Fig. 83); (*i*) from bent knee stand grasping opposite shins from under the legs, or grasp own forearms under thighs, or stick under knees and elbows.

3. *Standing high jumps:* (*a*) Making a complete turn; (*b*) striking feet together three times before alighting; (*c*) jump up and bite a suspended pretzel, cracker, etc.

4. Grasp a stick, using both hands, and jump over it (Fig. 133).

5. Grasp left foot with right hand, then hop over the left foot (Fig. 134).

6. Place one foot against the wall, then hop over it with the other foot, doing a half turn. Done either facing or back to wall (Fig. 135).

7. Straddle vault over a post, person (Fig. 43), gym buck or horse, parallel bars, etc.

8. Squat vault over buck, horse, or vaulting bar.

9. Front, side, or rear vaults over a gym horse, parallel or vaulting bar (front, Fig. 136; rear, Fig. 137; side, Fig. 138).

10. *Standing or running high kicks:* (*a*) Stretch kick, forward or backward (Fig. 139); (*b*) high jump from both feet and kick with one or both feet; (*c*) run high jump kick with same or alternate foot, (*d*) stand on one foot and kick, front or back.

11. *Partners jump* in any direction in any position: (*a*) Face and hold hands or upper arms (Fig. 59); (*b*) side by side, arms linked or around each other; (*c*) face, holding hands, each helps the other in alternate jumps; (*d*) back to back, arms locked (Fig. 60).

12. *Team jumping* all together in any position: (*a*) In file, hands on front one's shoulders (Fig. 62); (*b*) in line, hold hands or lock arms (Fig. 73); (*c*) line formation, clasp hands, every other one assists neighbor.

13. *Relay broad jump,* or hop, step and jump. The team members jump alternately in opposite direction, from the opponents' footmarks.

14. *Hop the hat.* Hats are in a row. Each in turn hops over first hat forward, backward over second, around the second and third, etc., he picks up the last hat in his mouth and tosses it backward overhead.

15. Hop over a row of stones repeatedly, picking up the last stone each trip.

16. *Widening lane jump.* Mark two lines on floor, lines ever widening. Alternate jump over from narrow to wide part.

17. *Circle rope jump.* Circle formation. X at center circles a rope (or pole) horizontally along the floor. Who fails becomes X.

18. *Diagram hop* ("Hop Scotch"). A diagram of annexed squares, triangles, and semicircles is marked on the floor in any desired pattern (Fig. 140). Each hopper in turn tosses his disk into each of the spaces in succession, each time hopping through the spaces to the disk and kicks it out, then hops out. He must not touch a line in doing this.

19. *Straddle vaults* over persons ("leap-frog") as follows: (*a*) With hands placed on Z's back, shoulders (Fig. 43), or head; (*b*) clap the hands after the jump and before alighting; (*c*) one-hand vault, holding the other arm in any position; (*d*) half or full turn after vaulting and before alighting; (*e*) backward straddle vault; (*f*) jump from a spot farther back each time.

20. *Team straddle mount.* One team makes one long "back" in file formation by bending forward and grasping the next teammate about the waist. Each one of the other team in turn then mounts. If any one fails the teams change places.

21. *Ropeskipping:* (*a*) Individual rope forward or backward swing jumping, hopping, stepping, running, crossing arms; (*b*) two jumpers side by side, each holds an end of the rope; (*c*) two jumpers facing or back to back; (*d*) large rope swung by two extra players while others jump or run through or place hands in different positions; (*e*) forward run in, jump, and forward or backward out; (*f*) run in, turn, and run out; (*g*) drop and pick up object; (*h*) two or more persons in at same time; (*i*) skip a small rope in and out of the larger one; (*j*) two large ropes swung in opposite directions; (*k*) skip on log in water.

22. Jumping, mounted on pogo sticks (Fig. 50), spring shoes, or other attachments.

Total List 29. Self-Balancing Play

The purpose is to control oneself skillfully in various attitudes or upon objects (devices, apparatus, etc.).

1. Stand with heels against the wall and without bending knees pick up something from the floor, without overbalancing.

2. Stand with left foot and cheek against the wall, then lift the right foot slowly and touch the left knee with it (Fig. 145).

3. Standing balance on one foot, the trunk and other leg are held horizontally forward or sideward (Fig. 142).

4. Left leg full knee bend, holding right thigh flexed (Fig. 95).

5. Stand for one minute on one foot, blindfolded.

6. Hand balance with knees on back of elbows, then pick up something from the floor with the teeth (Fig. 126).

7. Full front lever on floor, table, or bar (body balanced horizontally, Fig. 96).

8. Forearm balance. Place forearms on the floor, the body extended upward as in the head balance (Fig. 143).

9. Head balance (stand on head) with or without assistance of the hands (Fig. 144).

10. Hand balance, or walk on hands on floor or parallel bars (Fig. 109-a).

11. Stand on a barrel placed on its side.

12. Place a large bottle on the floor on its side. Sit astride it with legs straight to the front, one foot on the other, then write or draw on a pad.

13. Balance on one knee and do something with the hands, as, light a candle, thread a needle, etc.

14. Two persons balance on one knee facing each other and each holding a match or stick, touch the ends of each other's stick.

15. Balance on objects in water; sit, stand or act on a log, barrel, plank, etc.

15-a. Sit astride a pole whose ends rest on two chairs, then place the feet in a basket that is suspended from the pole.

16. Balance on a balancing board, tight rope, or slack wire: (1) Walk forward or backward; (2) stand sideward; (3) turn; (4) sit down; (5) walk blindfolded; (6) carry something or do some action with the hands (juggle, write, draw, etc.).

17. One foot balance joust: (1) Opponents on one foot try to upset each other with a padded pole; (2) dislodge an object held on a stick, board, racket, etc.

18. Team mount. Team X make "a long back." Team Z mount from the side. Team X try to dislodge them before they count fifty (Fig. 141).

19. Trick bicycle riding. Use a low gear and no coaster brake: (1) Sit backward; (2) stand on one pedal; (3) take hands off the handles; (4) from right side put the left leg through the frame and pedal; (5) sit in the saddle and elevate the front wheel; (6) Execute stationary balance, feet on pedals.

20. Spin three times around, then walk a straight line.

21. Walk on stilts, stilt-shoes, snowshoes, skiis, etc.

22. Group human pyramid building. (See Spalding's *Pyramids.*)

23. Skill dancing. (See Colby's *Clog Dance Book,* M'Doubler's *The Dance,* Roth's *Æsthetic Dancing,* Crawford's *Rhythms of Childhood,* Ryan's *Dances of Our Pioneers,* Frost's *Clog Dance Book.*)

24. Apparatus gymnastics. (See Wittich and Reuter's *Exercises on Apparatus,* Y. M. C. A. *Graded Gymnastic Exercises,* Jenkins' *Gymnastics,* Wegener's *Pictured Gymnastics,* Zwarg's *Apparatus Exercises.*)

25. Swimming. (See *Corsan's Swimming and Diving Book,* Sheffield's *Swimming Simplified.*)

26. Athletics. (See Wegener's *Track and Field Athletics.*)

Total List 30. Object Control Play

The purpose is to handle objects skillfully.

1. *Juggling Objects.* (1) Juggle two balls (metal balls are best) with one hand; (*a*) vertical to about 4 feet; (*b*) inside fall—toss it up near the right shoulder with right hand and catch it near the left shoulder, same hand; (*c*) outside fall—the reverse of above; (*d*) parallel falls—1 ball vertical at each shoulder.

(2) Juggle two balls with two hands: (*a*) falls up and over from right to left hand (Fig. 146); (*b*) horizontal pass; (*c*) vertical fall with each hand at same time; (*d*) double inside fall, at same time.

(3) Juggle three balls with two hands: (*a*) triple pass—two balls in right hand and one in left; toss first right high, then second right lower, then toss left low; (*b*) shower—two in right and one in left hand; do the inside fall with the right hand and the horizontal pass with the left.

(4) Double over fountain with four balls and two hands: Balls one and three in left hand and two and four in the right. Toss one and two vertical at same time, then move hands apart and toss three and four for inside fall, higher than the other two.

(5) Two persons juggling balls, beanbags, rope quoits, etc. Toss forward, backward, under arm, under leg, toss and turn.

(6) Place three coins on the right elbow held horizontally, then jerk away the arm and catch the coins in the right hand (Fig. 147).

(7) Place three coins on the back of the right hand. Toss them up and catch them one at a time with the right hand.

(8) Toss an inflated ball (for example, basketball) up and backward and catch it on the back or kick it with one or both feet.

(9) Grasp a ball with the heels. Jump upward and forward tossing the ball forward overhead and catch it (Fig. 148).

(10) Toss up and whirl an Indian club once or more times before catching it.

(11) Toss up one object and catch it with another: (*a*) Ball in a cup; (*b*) bean in a bottle; (*c*) wooden ball on a board; (*d*) diabolo—a 4 foot stout cord is tied to two sticks held in the hands. A large wooden V-shaped spool is tossed up, caught and rolled on the cord, or tossed and caught by two or more players.

(12) Roll a filled or inflated ball down one arm, across the chest or back and down the other arm (Fig. 149).

(13) Place a coin on a card and balance it on a finger, then snap the card away from under the coin (Fig. 150).

(14) Tossing Jacks (small six-pronged iron objects) and catching them: (*a*) Toss and catch on back of hand, one or more at a time (Fig. 151); (*b*) place them on the floor, then toss up one and pick up one, two three, etc., before catching the one tossed up; (*c*) lay in a row, pick up first and third on one toss; (*d*) lay them between fingers of left hand, toss

and flick them away. Toss up and catch a ball on the back of the hand.

(15) Bounce ball play and juggle (small rubber ball): (*a*) Bat it to the floor continuously with the open palm (Fig. 152); (*b*) same, swinging one foot over it at each bounce; (*c*) toss up forward or backward under a leg; (*d*) toss up from back forward overhead; (*e*) throw against a wall and catch it in one or both hands, or turn around or do other stunts before catching it; (*f*) throw it so it will bounce from the floor to the wall, then catch in any manner.

(16) Plate-spinning. Use a half inch stick 2 feet long bluntly pointed. Moisten with saliva and spin an ordinary dinner plate inverted on it. By drilling and polishing a small depression at the center of the concave side of a soup plate it can be spun on the stick, but in this case do not moisten the stick (Fig. 153).

2. *Balancing Objects.* (1) A stick, chair, small table, etc., on the hand, chin, or elbow; (2) feather on the nose; (3) spin a basketball on the thumb; (4) several objects piled up; (5) human pyramid building (see Spalding's *Pyramids*).

3. *Rope-spinning.* Get 18 or 20 feet of No. 12 Samson spot-cord (⅜ inch in diameter). Form a 3-inch eye at one end (hondoo) and wire it to the rope with a light wire (the eye may also be wired). Put the other end of the rope through this eye so as to form a running noose 4 feet long. Hold this with the right hand, palm up, 15 inches from the hondoo, the arm held to the right of the body at about 30 degrees. With a quick movement swing the noose, palm down; (1) in front of the body and start it spinning in a horizontal left circle in front of the knees. (Fig. 154); (2) over the head and spin around the body (Fig. 155).

4. Club swinging, stick or baton whirling.

5. Kite flying, hoop rolling, etc.

6. Paddle canoe, row boat, sail a yacht, motor boat.

7. Drive a horse, auto, airplane, machine, etc.

8. Handling toys and toy devices: Jack straws; from a pile of straws, matches, or card slivers, try to remove one at a time without moving any others.

9. *Tilt Objects.* With a stick, foil, etc., thrust at an object that is either stationary, suspended, or moving (for example, a ring, bag of nuts or candy, or a cross-piece target on a swivel, or a cork on a bottle, etc.) (Fig. 156).

GOALING OBJECTS GAMES (GOAL-IT GAMES)

Under this caption are listed all games, the purpose of which is to get certain objects into certain goals in a given manner.

Analysis of the Elements in Object Goaling Games:

A, *How to project the object into a goal:* Throw, toss, kick, bat, roll, blow, push, shoot, carry, or combinations of these: (1) In various atti-

tudes or actions (stand, sit, kneel, lie, leaning-support, full knee bend, run, hop, jump, crawl, all fours, swim, or mounted on persons, animals, vehicles, or anything attached, such as, skates, skiis, stilts, etc.); (2) In different directions (forward, sideward, backward, over, upward, downward); (3) Action modified (one hand, both, one foot, both, using implements (rackets, bats, etc.), blindfolded).

B, *Various kinds of objects to put into a goal:* (1) Size (small, medium, large); (2) Structure (solid, hollow, soft, porous); (3) Material (earth, stone, metal, wood, rubber, leather, reed, cork, cloth, sponge, feather, etc.); (4) Shape (sphere, cube, triangle, cone, hemisphere, cylinder, ring, wheel, etc).

C, *Various kinds of goals:* (1) Size (small, medium, large); (2) Material (earth, stone, metal, wood, rubber, leather, cork, cloth, marked lines, etc.); (3) Shape (basket, cage, hollow frame, post or peg, box, board, loop, circle, square, etc.); (4) How placed (horizontal, vertical, oblique, suspended, etc.).

D, *Obstacles:* Project the object (1) over a net, fence, rope, building, wall, or (2) under a net, rope, apparatus, or (3) through an opening, as a door, window, slit. Obstacles may be put in the way.

E, *Surfaces:* Sand-clay, wood, concrete, asphalt, ice, water.

Note: By uniting the above tabulated elements in various ways a great variety of games may be invented. Our best-known team games are included in this class of games. These and others will appear in the following:

Strike (Bat) Goal-it Games

Games in which an object (ball, blunt dart, shuttlecock, disk, etc.) is batted into or against a goal, by means of the hands, head, racket, paddle, mallet, bat, stick, etc.

Total List 31. Bat an Object Over a Net to the Ground

1. *Tennis.* The object of this game is to bat with a racket a 2-inch inflated ball over a low net within the boundary lines. It can be played upon any smooth, hard surface (clay, earth, wood, asphaltum, ice, etc.).

A singles court is 78 by 27 feet; doubles, 78 by 36 feet, 18 feet from the end lines cross lines are made, and from the center of these lines is a median line (Fig. 157). A net is stretched across the center of the court, 3 feet high at the center and 3½ feet at the posts.

How played: X, the batter (called the server), stands back of the end line of his court, tosses the ball up and bats it with the racket so that it will go over the net and fall within the diagonal net space. If he fails, he tries again. If he succeeds, the receiver (Y) tries to return it with his racket stroke. After the serve, it is a good return if it falls within the outer boundaries and may be returned on the bounce or fly until

either one bats it out of bounds or into the net, which scores a point for the opponent. X then serves again, this time into the other diagonal net space, and so on until the end of that round or innings (wrongly called "a game"). The side that gets 4 points first wins the round. Z serves in the next round, and so on alternately until either has won 6 rounds, thus finishing the game (called "a set"). If both players have 3 points in any round, one must get 2 points in succession to win the round.

In playing "doubles" (two on a side) the serving space is the same as in singles, but the court is widened 4½ feet on each side.

This is but a brief sketch of the characteristic features of this technical game. A beginner needs personal instruction, but can profit by reading Tilden's *Tennis for the Junior Player*.

2. *Paddle Tennis.* The same rules are used as the regular game of tennis, but the court is only half size and the ball is batted with a paddle instead of a racket. The net also is lower, being only 2 feet 2 inches high at center and 2 feet 4 inches at the posts. This is a better game for beginners and children than the regulation game.

3. *Ping-Pong.* This is a variation of tennis and is played on a 5 by 9 foot table 2½ feet high. Small hollow celluloid balls and small wooden paddles are used. Instead of a net that is sold with the set it is better to fasten a 6¾ inch board on edge to the table. No lines are used, the service and returns may be places anywhere on the opponent's court. Rules: (1) The service must be below the waist line, the server standing beyond the end of the table. (2) No second serve if the first is bad. (3) No volleying (on the fly); all balls must be played from the first bounce. (4) Net balls on the serve are dead and must be served again, but net balls on the returns are good. (5) A ball hitting the service hand below the wrist instead of the paddle is good. (6) First to get 20 points wins. If the score is 19-19 (duce), either must win 3 out of 5 additional points to win.

4. *Table Tennis.* This is played with the same equipment as ping-pong, but the tennis lines and rules are used.

5. *Court Tennis.* A medieval modified indoor tennis. The court is expensive and peculiarly constructed, having various walls, buttresses, projecting roof, various windows, all being playing surfaces. Tennis balls, rackets, and net are used, also distinctive floor lines. The game is still played on a few courts. Those interested are referred to an encyclopedia or to Spalding's *Court Games*.

6. *Tennis on Skates.* Good ice skaters can play as well on ice as on land. It is best played with coppered steel wire rackets and lively sponge-rubber balls. The lines can be put down with strips of paper, then flooded and allowed to freeze so that they show through the ice. Roller skating tennis on suitable surfaces is possible.

7. *Hi-lo Tennis.* Two nets are used, one a regulation, another narrower one is stretched 8 feet high. The service and returns may be

made over either net; if made over the high one, the service may fall in any part of the opponent's court.

8. *Volley Ball.* The ball is an inflated leather-covered rubber bladder, 26 or 27 inches around and weighing 8 to 10 ounces. The court is 60 by 30 feet (Fig. 159). A 3-foot wide net is stretched across the center with top 8 feet high.

Six players on a team, rotate in serving (putting the ball into play), each continues to serve as long as his team scores on his service. In serving, the server may stand anywhere back of the rear line of his court, tosses the ball up and then bats it with a hand or fist so that it goes over the net into the opponents' court. If it strikes the floor there, it scores one for the serving team, and the same server serves again. The receivers try to return the served ball on the volley, batting it with one or both hands, etc., until either side fails. If the serving side fails it loses the ball, the receivers becoming the servers, but no point is scored for either side on that play.

The ball may not be batted twice in succession by any one player, but if he fails to put it over and it is still in the air, a teammate may try to bat it over; and if he fails, a third one may try, but no others. The first team to get 15 points wins; if it is 14 to 14, either team must make 2 points in succession to win.

Other rules: (1) The server has only one try to make serve good; (2) a team loses the point played for by batting the ball out of bounds, holding it, dribbling it, ball touching a player below the hips, player supported by any other player or object in playing a ball, hitting ball into the net and rebounding, reach over net, serve out of turn, interfere with opponents or touch their court in play, delaying the game. This is perhaps the most popular game in the world. Rules are sometimes changed. The official rule book should be obtained. (Spalding's Athletic Library.)

Volley ball can be played with other balls or rules (tennis, sponge, sponge-rubber, fluff, light-filled, other size inflated ball, etc.), some of which are known by other names, as:

(1) *Serve-us Ball.* Volley ball played with a canvas-covered inflated ball 40 inches in circumference. In this game it may be relayed any number of times by a team before putting it over as long as it is still in the air.

(2) *Giant Volley Ball.* Played with a ball 30 to 40 inches in diameter; large teams (15 to 30); 11 points to win. Ball may be relayed by two on the serve only. Ball may be played with hands or head.

(3) *Fistball.* The volley ball may be hit only with the fist, or fists; and may be dribbled in the air by any player any number of times before putting it over the net as long as it is still in the air.

(4) *Doubles Volley Ball.* Played by two players on a team using the regular rules and court or on a smaller court as desired.

(5) *Singles Volley Ball.* One on each side and a small court.

(6) *Bounce and Volley Ball.* The ball may be allowed to bounce once between any two players any number of times before batting it over the net. A very interesting game for doubles, and a much better game than the regulation game for women and children's teams.

(7) *Screen Volley Ball.* The regular game played over screen or wall that hides the opponents.

(8) *Simplified Volley Ball.* For the sake of variety and to suit any condition the rules may be changed as desired, for example:

(*a*) No rotation. Each plays on the same spot. This is useful for large teams in which it is difficult to get them to rotate properly.

(*b*) More than one serve allowed.

(*c*) Serve and returns played as often as desired as long as ball is up.

(*d*) Lower or higher net. For elementary schools, 6 feet 6 inches, for high schools, 7 feet 6 inches.

(*e*) Lighter ball for women and children. A 20-to-24-inch airplane-cloth ball is excellent.

(9) *Women's and Girls' Volley Ball.* Same sized court as men's. Seven or nine to a team (three front, three back, one center). Field divided into three sections with three players in each when playing nine players. A net serve allows another try. Ball may be relayed once on the serve, often on return. A player may bat the ball into the net and play it off to another player. Any player may play the ball twice in succession if she desires.

(10) *Toy-balloon Volley Ball.* Useful in socials. Any number on a side. Ball may be "headed" as well as batted.

(11) *Kick-bat-head-bounce Ball.* The serve is kicked, the returns are played either by head, hands, or foot either from the volley or one bounce.

(12) *Paddle or Racket Volley Ball.* For singles, doubles, or teams. It is volley ball played with paddles or rackets and any appropriate ball (tennis, sponge, sponge-rubber, cork, cork or rubber shuttlecock, fluff ball, or light-filled ball). The most satisfactory game of this kind was invented by the author in 1920, called for short, "Sponge Ball." (See below.)

(13) *Sponge Ball.* Court is 40 by 20 for singles (Fig. 160), 25 by 45 for doubles, and 30 by 60 for teams; singles is the best. Paddles are sawed out of ¼ inch three-ply wood, the size of junior rackets, with reenforced handle, or the latter may be used. The ball is a firm sponge cut round 11 inches around (smaller five-and-ten-cent-store sponges may be stitched or wound together and formed round). The rules are the same as in volley ball, except that a net ball that goes over is never good, but must be served again.

(14) *Badminton.* This is an old game and still is played considerably. It may be called "Feather-cork Volley Ball." It is the same type as Sponge Ball, mentioned above. The court is 44 by 20 feet (Fig. 158).

The top of the cross net is 5 feet. Cross lines are made 6½ feet each side of the net and a middle line is made lengthwise of the court. The shuttlecocks are semicircular kid-covered corks with bobbed feathers fastened into the flat surface. (Plain shuttlecocks can be made from large corks rounded at one end. Tail feathers are glued into the flat end at an angle and then trimmed to suit the speed desired.) The racket is light, long handled and with a small head.

The playing rules are somewhat like sponge ball, varying here and there, for example; (*a*) the service must be below the shoulder and the first part of the shuttlecock's course must be upward. The service is made anywhere inside the court and must be served into the diagonal court. The returns are good in either half of the opponent's court; (*b*) faults are, serving above the shoulders, serving into the wrong court or out of bounds or into the middle lane or into the net, hitting twice, reaching over the net or touching it. Failure by either scores as in volley ball; (*c*) 15-point game for singles, 21-point game for others; at 14-14 they decide to play either 3 or 5 points more.

It is an excellent game and can be modified as desired, for example: (*a*) play over a screen; (*b*) attach a board or rackethead to the instep and kick the shuttlecock; (*c*) use a sponge ball and paddles with badminton rules; (*d*) use two sponge balls or shuttlecocks, each one serving at the same time.

Total List 32. Bat Ball Against Wall Games

The purpose in this kind of game is to bat an object with hand or other object and scoring against the wall or, on the rebound, to the floor from the wall, within marked areas, or goals.

1. *Four-wall Handball.* The regulation A. A. U. court is 50 by 24 by 25 feet high, rear wall 10 feet high. A serving line crosses the middle. A 2-foot square is marked on the floor at each end and back of this line (the serving boxes). The ball is of black rubber 1⅞ inches in diameter and inflated to 30-pound pressure. Padded gloves may be used, but must be pliable. Singles or doubles may be played; 21 points to the game.

(1) *Handball Singles* (one against one). The server (X) must stand inside the serving box, bounce the ball on the floor, then bat it with his hand so that the ball hits the front wall and then returns and hits the floor back of the serving line. He has three trials, if necessary, to make good or he loses his place to serve. If the serve is good, the receiver bats it from the first bounce, and thus alternately until either fails to hit the front wall with the ball. In all plays, except the serve, the ball need not return back of the serving line, but may hit the floor anywhere in the court after it has hit the front wall. The ball may be batted "on the fly" after the serve. It may strike the side walls going or coming, except on the serve it must go directly from the hand to the front wall.

If the receiver (Z) fails to return the ball against the front wall, X

scores a point; if X fails, he becomes receiver and Z server, neither scoring on that exchange of place.

A "hinder" (dead ball) is interfering with an opponent or hitting him with a returning ball, and must be re-served.

A tie score at 20-20, either player must win 2 points in succession to win.

A player loses the point if he fails to bat the ball against the front wall, uses both hands at once to hit, kicks it, or is hit by his own returning play.

(2) *Doubles.* In playing doubles the server's partner stands in the opposite serving box until the ball has been served. Where there is a dividing line in the rear half the serve must be made alternately into the diagonal court. After one server has been put out, the partner serves until put out, except that the serving starters of the first innings have only one server.

When there are three players they rotate in serving, the server playing against the other two. One good player sometimes plays against the other two, taking one put-out to their two.

2. *Y. M. C. A. Four-wall Handball.* This differs from the above in that the court is 40 to 44 feet long, 20 feet wide and 16 to 20 feet high. The service line is 4½ feet in front of the "short" line (back of which the ball must go on the serve). Between these two lines is the serving zone in any part of which the serve may be made. A step-out of this zone on the serve is a fault (out). The server must call "ready" before serving.

In doubles the partner of the server stands against the opposite wall until the ball crosses the short line. If he is hit by his partner's serve, it is a hinder; if twice in succession, it is an out. A receiver may play a first short serve from the bounce or any serve on the volley if he is back of the short line. "Y" rules allow only two trys in serving, also a "crotched" return is an out (ball hitting junction of front wall with floor, wall, or ceiling). Rules at any "Y."

3. *One-wall Handball.* Rules as above, except (1) the playing area is marked on the wall 10 feet high by 15 feet wide (doubles, 20). Floor lines, 26 feet long by 15 feet wide (doubles, 20); (2) the back court is lined in two spaces alternately into which to serve; (3) if the server plays even his first serve out of bounds, it is an out (in doubles the side is out); (4) the server's partner stands outside the court (usually at the rear) until the receivers return the ball. Returns must strike both the wall and floor within the boundary lines.

4. *Handball Variations.* (1) When larger teams play, the playing space is widened 5 feet for each additional player.

(2) Half-inclosed courts. The front half walled, the rear half open.

(3) *Irish Handball.* The front wall has a 4-inch baseboard above which the ball must be played. The ball is 1½ inch in diameter, is hard.

and is covered with sheepskin or kid. The floor lines are 60 feet long; 15 point game; three trials on the serve.

(4) *Volley Handball.* Floor lines as in the regulation game. A horizontal line is marked on the front wall above which the ball must be returned directly or after one or two "air dribbles." A light volley ball may be used but a canvas-covered 16-inch ball is better, played either on a one or four-wall court.

(5) *Zone Handball.* Mark and number any areas on the wall or floor. Score all hits made by either in a given play.

(6) *Goal Handball.* Set up a goal (basket, box, bag, etc.) on the floor, into which the ball must be returned from the wall to score.

(7) The game may be further modified by playing with a different kind of ball (volley, sponge, reed, cork) or by playing on skates.

5. *Squash* (Racket Wall Ball). A ball something like a tennis ball is played on an inclosed court, 31½ feet long, 16¼ feet wide, front wall 16 feet high, side walls 12 feet high, rear wall 4½ feet high. The front wall has a 2-foot baseboard and a service line 6 feet high. The floor service line is 21 2/3 feet from the front wall; from it a middle line is marked to the rear wall, making two rear areas into which the ball must be served alternately. Only one try is allowed on the serve. A returning ball hitting an opponent above the knees is a "hinder"; 15-point game; at "13 all" the receiver may set the game at 3 or 5 additional points, or at "14 all" set at 3 points. Otherwise the rules are as in handball except that the ball must be returned above the baseboard. Tennis rackets are used, or specially made rackets. See *Court Games,* Spalding's Athletic Library.

6. *Racquets.* This is the old-time game, the ancestor of Squash. The court is twice the size, the front wall line 8 feet high, the baseboard 2½ feet high. The rackets are smaller and long handled. (See Spalding's *Court Games* for this and similar games.)

7. *One-wall Squash.* Front wall, 10 feet high; floor court, 35 by 15 feet (doubles, 20); baseboard, 2 feet high. Cross line at middle, but no dividing line to rear. Playing rules as in handball.

8. *Paddle Wall Ball.* Same as One-wall Squash except that paddles and any suitable ball are used. An inexpensive and popular game to promote.

9. *Paddle Double-wall Ball.* Played with two opposing walls, 40 or more feet apart, a player defending each wall. A wall area is marked 10 feet high by 15 feet wide; 6 feet from the wall is the serving line. The server serves as in tennis and tries to hit the opponent's wall zone on the fly. The receiver tries to return the ball against the server's wall either on the bounce or on the fly, etc., until either scores or plays wide. A service hit scores 1; a returned hit, 2. Rackets can be used, but ball and bat must be selected with reference to the distance.

10. *Pallone.* The national game of Italy and the parent of all modern

wall-ball games. The court is laid out north-south, 100 yards long by 20 yards wide. Along the west side extends a wall 60 feet high. The east wall is 3 feet high having an inside gutter into which a player may not step. There is also a 3-foot wall across the center.

The bat is a 4-pound wooden cylinder, 8 inches long by 6 inches in diameter, the hand grasping a cross grip in one end, while the outside and the other end are covered with wooden spikes with which to hit the ball (Fig. 161). The ball (pallone) is 16 inches around, weighs 11 ounces, and is inflated.

There are three players on a team; the serving team always occupies the north court. The batter stands on an inclined board at the north end. From a little way south of him the umpire tosses the ball easily to him, who then runs down the plank and bats the ball against the high wall so that it will fall into the opponents' court. The receivers must return the ball on the fly or lose the point, a volley game throughout. The scoring is as in tennis, except that the "ins" serve only 2 rounds in succession until a game of 8 rounds has been played. Failure to return the volley or playing the ball over the opponents' back line, scores a point.

Total List 33. Bat Objects Into Goals—Games

Games in which any object (ball, disks, rings, etc.) is batted into a goal (wicket, basket, box, cage, hole, target, etc.) by means of other objects (bats, rackets, sticks, paddles, etc.):

1. *Ice Hockey.* (American rules, Spalding's Athletic Library.) The rink is 80 by 160 feet surrounded by a 3½ foot-high bankboard; seven-man team. Cages, 4 feet high by 6 feet long, fixed to the ice, 6 feet from the field ends. The puck (a rubber disk) is 3 inches in diameter and 1 inch thick. The sticks are 4 feet long, having curved-end blades 3 inches wide and 13 inches long. Playing time is three 15-minute periods.

The play starts with two players "facing" at center (placing the stick against the puck and playing it when the whistle blows). An off-side player is out of play; if he hits the puck when off-side, it is brought back and he is penalized. There is no off-side rule within 20 feet of one's own defending goal. In play the stick must not be lifted above the shoulders, except when lifting the puck. The puck may be stopped by any part of the stick or body. Fouls are: (*a*) Hold, bat, throw, kick, or carry the puck with skate or any part of the body; (*b*) tackle, trip, hold, charge, cross-check, or rough an opponent. Penalty for foul is suspension from the game as umpire orders, usually one half or 1 minute.

2. *Field Hockey.* The field is 50 by 100 yards. The goal posts are 12 feet apart with a crossbar 8 feet high. A "striking" area is marked in front of the goals having a 15-yard radius. The ball is of solid rubber, the stick weight, 21 to 25 ounces, eleven-player teams.

At the start, two opposing players "face" at the center with ball between, strike the ground with the stick, then each other's stick three

times before playing the ball. In play the ball may be stopped with only stick or hand holding stick. Ball out of bounds on side is rolled in by opponent, players 5 yards away. Out of bounds at the ends the ball is "faced" on the 25-yard line. If played out back of own back line, the opponents get a play in at the nearest corner, the defenders lining up on the goal line 5 yards from the corner.

Off-side play prevails: He is off-side and must not hit the ball until an opponent has hit it, if he is nearer the goal than the striker or if less than three opponents are nearer the goal. Fouls are: (1) Playing with the rounded part of the stick; (2) raising stick above the shoulders; (3) charge, trip, hit, kick opponent or holding or lifting his stick; (4) undercutting the ball; (5) obstruct between opponent and ball or crossing his left unless he touches the ball before he does cross.

Penalties are: (1) A free try for goal where the foul was made; (2) fouls by the attackers inside the semicircle give the defenders a free try; if made by the defenders, two opponents "face" and play the ball until it goes outside the semicircle, the other players being outside; and if it goes into the field of play, the game continues with the other players. (Spalding's Athletic Library.)

3. *Lawn Hockey.* The court is 30 feet long by 3½ feet wide. End goals are 14 inches wide; two or three players on a team. The start is by "facing" at center with regulation sticks. Wrist play only allowed, no hard hitting, stick raised only 1½ foot. If the X team plays it out over Z's side line, it is "faced" at that spot; if either team plays it over its own side line, the opponents get a try for goal from center; also for stepping over; in a free try the goal keeper's stick-head may be held stationary in front of the goal. If X team puts ball over its own end line, Z team gets a free try from center; if either puts it over opponent's end outside the goal, it is "faced" 3 feet in.

4. *Indoor Hockey.* Played with regulation stick, but with a soft indoor baseball; teams limited by the size of the floor and may be played on foot, rollers, scooters, carts, or other mounts.

5. *Limited Hockey.* The gym floor is divided into four sections. An 8-foot wide goal is in each corner. Use bamboo sticks tipped with rubber and use a dead soft ball. Each player must play in his own section, except two or three rushers. No out of bounds.

6. *Ring Hockey.* Played on a smooth floor, using gym wands and a rubber ring. The wand end is inserted in the ring in play and must not be hit. Otherwise as in indoor hockey.

7. *Hand Hockey.* Played with the hands and a 4-pound filled ball or a filled basketball cover.

8. *Spoon Hockey.* Played on a smooth floor using a spoon and a coin.

9. *Table Hockey.* Played with toothpicks and buttons or other light articles.

10. *Hole Hockey* (see Stick Ball-roll, List 39).

11. *Hole Hockey* (Shinny). Small holes are made 3 or 4 feet apart and in circle formation, one for each player except the aggressor (X). A larger hole is made at center. Each player has a stick, one end of which he holds into a hole in the ground. X with his stick tries to get the ball (soft ball is best) into the center hole, and the others try to prevent him by hitting the ball with their sticks; but if X can get his stick into an unoccupied hole, the owner becomes X instead.

12. *Center-goal Hockey.* A box, barrel, or other object is placed at center of a 20-foot circle and guarded by two or three players (Z's). The aggressors (X's) must remain outside the circle and try to bat a ball so that it will hit the center object, the Z's guarding only with their sticks.

13. *Golf.* A course or "links" consists of eighteen holes 4½ inches in diameter and 4 inches deep, and metal lined. They are made at irregular intervals, 100 to 600 yards apart, each surrounded by a well-kept lawn, total distance of the course is from 2½ to 3¾ miles.

The object of the game is to bat the ball into all of the holes with the least number of strokes. The ball is white gutta-percha 1½ inches in diameter. The sticks have block or metal ends of varying shapes for different strokes.

At the start and after each hole has been played the ball is "teed" (elevated upon a small bit of earth) for the next drive. If it goes out of bounds, or into or near water where a good "stance" (footing) cannot be made, it is brought to good ground near by. If lost, another ball is substituted. The next hole, if out of sight, may be indicated by someone. Only loose objects within a stick's length of the ball may be removed.

Fouls are: Moving the ball, playing the wrong ball, a dragging, scraping stroke, striking anyone with ball, playing ball that is in motion. Penalty: Loss of goal or one or two additional strokes required.

14. *Lawn Golf.* Holes may be sunk in any lawn, lot, or field; bat with regulation sticks, or mallets, hockey sticks, bats, or straight sticks; use regulation ball or baseball, cork, wooden, sponge, yarn, etc. Fewer holes may be used.

15. *Clock Golf.* A wheel-circle diagram is marked out. Holes are sunk at the junction of the spokes with the rim. Strokes must be made in succession around the rim.

16. *Post Golf.* Posts or stakes are erected instead of holes sunk, or certain trees may be marked or other objects planted which must be hit by the ball in play.

17. *Potato Golf.* Use one potato as a ball. Attach a string (3 feet) to another potato and use it as a stick, playing into near-by holes or into marked spaces.

18. *Polo* (American). The field is 300 by 200 yards, the end lines are marked, the side lines boarded 10 inches high. Goal-posts are made

of papier-mâché, canvas, or other light material, and placed 24 feet apart. Teams of four players mounted on ponies. The ball is of willow-root wood 3¼ inches in diameter, weighing 5½ ounces. The mallet is cigar-shaped with handle 4 feet long.

At the start three players line up at center, the fourth is back of them. From the side-line the referee tosses the ball toward the center and signals the start.

A ball that goes over the side bounds is tossed in by the referee. A team's score is reduced one quarter point if it bats the ball over its own end line outside the goals; if that is done by the opponents, the defenders knock the ball in. In close play preference is given to the player following the ball closest or who has hit the ball last, unless another player gets well ahead. Two players riding toward each other must pass to right.

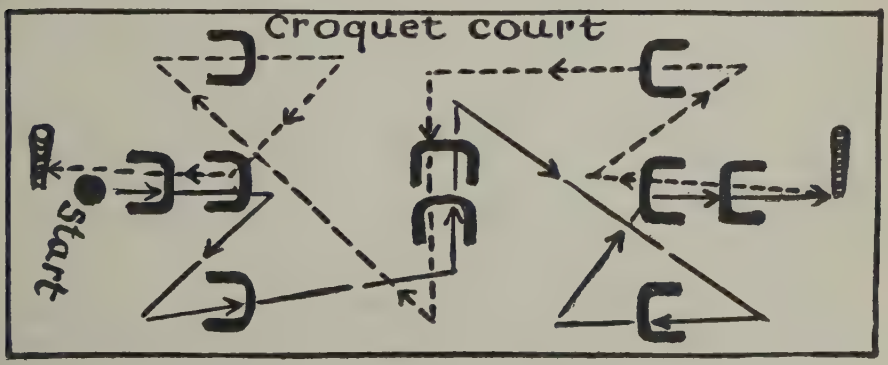
Goals score one point each. Fouls score one half point for opponents. Fouls are: Dangerous riding, striking own or opponent's pony, striking or pushing opponent, striking the ball while dismounted, recovering horse or mallet afoot, assisted by anyone, striking the ball with the person (but he may stop it), or crooking an opponent's mallet who is not striking or when he is not on the same side of the pony as the ball or if he reaches across the pony.

There is no off-side play in the American game.

19. *Indoor Polo.* Played in large armories surfaced with tanbark over springy clay. The ball is softer and larger than the one used out-doors. Rules as outdoors, except that there are no out-of-bounds; the game stops only on break of equipment, player falling, or ball going over boundary walls.

20. *Polo Modifications:* (1) Use rackets instead of mallets; (2) mounted on bicycles, autos, scooters, carts, canoes, or boats, etc.

21. *Croquet.* The court is 30 by 60 feet. The wickets (arches) are of half-inch wire 10 inches high with spread of 10 inches, and placed as in the diagram. The end stakes are 1½ inch in diameter. The mallets are of wood and of varying size; one end of the head should have a soft rubber surface.



The plan of play is for each player in turn to place his ball half way from the head stake and bat it in succession through the arches in the order outlined. He continues to bat until he fails to arch a ball. He may hit an opponent's ball with his and then drive (croquet) it away, which allows him another stroke. The first to make the round of arches and hit the stakes is the winner. The rules are: (1) The order of play is red, white, blue, black. (2) Colored clip is snapped to the arch one is to play next. (3) The ball must be struck with the face of the mallet. (4) A "live" ball hit must be croqueted (driven). (5) In making a drive the contact ball must be moved or he fails to get another stroke. The foot must not be placed on the ball. (6) If the drive hit another ball, it is not replaced, except it be hit by the mallet. (7) If a ball goes through an arch and hits another ball, he gets the point and plays again. (8) A ball hitting two balls plays from only one. (9) A ball hitting and driving another ball through gives the driven ball the arch. (10) Playing directly on a dead ball loses the shot and replaces the ball, but an indirect hit is not replaced. (11) Ball hitting opponent's mallet or person may remain or be played again as desired, but if it hits the batter or his partner, the opponent may demand a replay. (12) A ball going out of bounds is placed on the line. (13) A ball is through the arch if a straightedge cannot touch it from the side it came from. If it rolls back it must be left there. (14) Playing the wrong ball or out of turn, the play is lost and the ball returned. (15) A "rover" is a ball that has made the round of arches but has not hit the stake. "A "rover" may hit other balls and drive them, and he cannot be staked out by an opponent's drive. (Spalding's Athletic Library.)

22. *Roque.* Much like croquet, but with somewhat different equipment: The court is hard, smooth, and slightly sanded, 30 by 60 feet, with corners clipped 6 feet long, bordered by boards or concrete 5 inches high. Stakes are 1 inch in diameter and 1½ inches high. The playing boundary is marked 28 inches from the board. The arches are half-inch steel 8 inches high and 3⅜ inches apart, inserted into wooden blocks or hollow pipes set in concrete. Balls are of hard rubber 3¼ inches in diameter. Any mallet may be used, but the best is a head 7 inches long by 2 inches in diameter, banded and with soft rubber ends and having a short handle (1 foot). The rules are as in croquet except that a ball may carom against the board and return into play as in billiards. (See Spalding's Rules.)

23. *Golf Croquet.* Two kinds: (1) play a regular game with golf stick and ball. (2) Station eight arches irregularly on a large lawn or field, use a 2¾-inch wooden ball and a long-handled mallet, one head-end beveled for "lift" strokes. A stroke that hits another ball is not counted as a stroke; the hit ball may be returned or left.

24. *Table Croquet.* (1) Use marbles or any small ball and mallet, either for table or floor rug. (2) Blow soap bubbles using much glycerin with the soap. A small mallet of soft material (sponge-rubber, tassel,

woolen-wrapped wooden). Arches are woolen-wound. Score 1 point for each arch gained. New bubbles blown if needed.

25. *Spot Hit* (Spot Tennis). Played on a tennis court with rackets and balls, but no net. All serves and returns score only if they hit the back-court area, unless they are returned, in which case the last hit only counts. The service must be made by a back-hand stroke, the returns any way. Bounces from the front part of the court may be played. Score as in tennis or volley ball. The game can also be played with the hand using any ball (volley, sponge, sponge-rubber, balloon).

26. *Tether Ball Tennis.* A pole, 7½ inches at the base and tapering, is erected 10 feet above ground and having a marked band 6 feet above ground. The court is a 3-foot circle at the base through which runs a line. A regulation tennis ball or other light ball has a net cover with attached string the end of which is attached to the pole top. Two players stand on opposite sides of the line and try to make the string wind about the pole above the band, each batting in different directions, the server choosing the direction (Fig. 162).

Fouls: Step over the line or into the circle. Wind string below the band. Wind string around the racket handle. Penalty is a free hit by opponent; 11-point game.

Another kind of tether tennis is to attach the tether ball to a long piece of rubber elastic or to a long strip cut from an old inner tube. Suspend this from an overhead beam, limb of a tree, or from a horizontal rope stretched between two trees or posts. Tennis strokes may be practiced without the necessity of chasing the ball. Two players may oppose each other and score successful hits.

27. *Squig.* A squig is made of a piece of wood 5 inches long by 1½ inches in diameter or square. Both ends are beveled to a point. As this squig lies on the ground a player hits one of the beveled ends with a stick, which causes it to fly upward so as to give the player an opportunity to bat it with the stick. The one who can drive it the farthest wins the game. A given number of drives may be agreed upon.

Total List 34. Throw Objects Into Goal Games

The purpose in this kind of play is to throw objects into goals.

Analysis of the Elements:

A, *How to throw:* Ordinary, over-arm, under-arm, hip-stop, under-leg, forearm only, toss, backhand, hand only, with elbow, with body bend, etc.

B, *What to throw:* Balls, sticks, bars, boards, beams, stones, apparatus, boxes, barrels, seeds, grain, or any other object that can be thrown.

C, *Goals:* At or into any object (box, basket, target, dish, bell, person, marked areas, etc.) that is stationary, or suspended, whirling, swinging, zigzagging, etc.

D, *Posture to assume:* Stand, sit, lie knees bent, leaning.

E, *Formation of players:* Line, file, circle, scattered.

F, *What to play on:* Land, floor, table, ice, in water, mounted on any suitable object.

G, *How to move:* Run, hop, jump, gallop, skip.

NOTE.—By uniting the above elements a limitless variety of throwing goal games may be invented, in addition to those now in use, a list of which follows:

TOSSING GOAL GAMES

1. *Quoit Toss.* American playground rules. Quoit weight not less than 3 pounds, ⅝-inch iron stakes 12 inches long, placed upright 30 feet apart (juniors, 20). Each pitches both his quoits in succession and must not step ahead of the stake. The convex surface must be up. A quoit displaced by another remains there; 15-point game, 5-game tournament (junior, 21 points, best 2 out of 3). Scoring: The nearest quoit to the stake scores 1 point; if both his are nearer than the opponent's, 2 points. If three quoits touch the stake, the last pitched quoit scores 1. A "ringer" (encircling the stake), 3 points. A ringer topped by an opponent scores 6 for the top quoit. Of three ringers the top one scores 9. A hobber (touching or leaning against the stake) scores 2. Two hobbers, 4 points. Hobber topped by another hobber, if one is a leaner, it scores 2, otherwise the next nearest quoit scores 1. A ringer and a hobber, 5. Ringer topped by hobber of opponent scores 3 for the ringer. A double ringer topped by a hobber scores 6 for the second ringer. A ringer topped by an opponent's ringer and hobber gives the opponent 8 points. A ringer topped by opponent's two hobbers gives opponent ~. A ringer and hobber topped by opponent's hobber gives opponent 3.

Quoit rules differ in different places. One set of rules requires stakes 3 inches above ground set in plastic clay, 54 feet apart. The nearest quoit scores 1; nearest two, 2; leaner, 3; ringer 5. No mention of combination scores.

In English and Caledonian games the stakes are 64 feet apart sunk level with a moist clay surface (clay 3 feet in diameter and 6 inches deep). Measurement is made from the center of the stake. Only one quoit scores in each round; 61 point game. In pitching, stand on the peg (stake) line and take one step.

2. *Quarto-Quoits.* Each quoit is large and has four openings instead of one.

3. *Indoor Quoits.* Made of rubber. The peg is set into a slightly inclined surface, much like a gym jump-board, on which the quoit must remain to score (Fig. 163).

4. *Horseshoe Pitching.* (National H. P. Association.) Potter's clay bed 3 feet in diameter and 6 inches deep. The pitch-box is 6 feet square with peg at center, pitching from anywhere inside. Pegs are 1 inch, 8 inches

above ground and inclined 1 inch. Horseshoes are 7½ inches long, 7 inches wide, 2½ pounds; Calks ¾ inch long, opening 3½ inches. Two pegs are placed in the ground 40 feet apart for men or 30 feet apart for women. First to get 50 points wins the game. Six out of 11 games wins the tournament.

Rules: Final lay of shoes determines score. Only in national tournaments the shoe must be within 6 inches of the peg to be good. Heel calk-line determines a ringer. The scorer pitches first next, otherwise the last one pitches first. Each one pitches both shoes in succession.

Scoring: Nearest shoe within 6 inches scores 1 point; if both are nearer, 2 points. Two ringers by one player score 3 points each. A ringer and a closest, 4 points. If each tosses a ringer, neither scores and the next nearest shoe scores 1 point. If X makes two ringers and Z one, X scores 3 points. A leaner counts no more than a toucher. If each makes two ringers, there is no score. In a three-handed game if two have a ringer, their next closest shoe scores. If all three toss a ringer there is no score. If two have two ringers each, neither scores.

5. *Ring-toss Games.* In which various kinds of rings (can rubbers, rope, wire, celluloid, reed, cardboard, hoops, tires, etc.) are tossed to encircle various kinds of pegs (wood, iron, rubber, posts, persons, animals, etc., either stationary or moving), the tossing done either forward, backward, sideward, stationary in any posture, or in motion or mounted, and by means of action of either wrist, forearm, elbow, full arm, body, or leg and done on any possible footing (land, floor, table, water, ice, etc.). By combining any two or more of the foregoing a great many tossing games result, for example:

Quoit Variations. (1) With can rubbers and pencil pegs. (2) Bicycle tires or inner tubes and persons as pegs. (3) Finger rings and nail pegs. (4) Reed hoops and flexible rubber pegs. (5) Doughnuts or hole-cookies and paper cone pegs. (6) Large rope rings and high pole pegs. (7) Rubber cart tire, post pegs, and toss over an intervening high rope. (8) Can rubbers and human finger for peg. (9) Stand on one foot, rubber quoits and pegs. (10) Full knee bend (as in Fig. 84), toss curtain pole rings over cardboard cylinder pegs. (11) With both hands toss a small auto tire backward overhead over posts. (12) Sit on side of jug, feet crossed, and toss ring quoits over inverted chair legs. (13) Paper, celluloid, or metal napkin rings and nail pegs. (14) Holes cut in paper boxes and wooden pegs. (15) Pegs are mounted upon two carts which are kept in motion during the pitching. (16) Persons as pegs walk about each in a 10-foot circle, toss a lariat or large rope ring. (17) Whirl round three times before pitching. (18) Tosser mounted on an animal, vehicle, person, balancing board, side of barrel, etc.

6. *Peg-board Ring-toss.* Drive nails into a board and number them; lay on floor, hang from wall, or suspend by cord, stationary or in motion and toss can rubbers or other rings, scoring all pegs encircled.

7. *Ring-toss Croquet.* Toss light rubber or rope rings over the regulation arches or use any suggestions given under Ring-toss quoit games above (5).

8. *Ring-toss Golf.* Erect at varying distances eighteen pegs of different size and height, placing obstructions here and there and play golf by tossing rope or rubber rings.

9. *Ring-toss Baseball.* (1) Diamond, players, and rules as in soft baseball. It differs only in the method of putting the ball into play. The pitcher tosses an 8-inch rope ring, the batter tries to catch it on a 2-foot stick held in the hand, and then throws it anywhere within bounds by means of a forward overhead full-arm throw similar to cricket "bowling." The ring must be tossed at an angle or circle open, and not flat.

(2) Use a 15-foot diamond; place pegs on each base. Each batter has three rings which he tosses in succession from base to base and advances if he rings one out of the three. If he rings one or more pegs, but fails on others he may be forced ahead by a teammate's play.

(3) Place four pegs one foot apart in diamond shape, and from a pitching line some distance away, varying with the equipment used, toss rings at the pegs and score as in baseball.

(4) Incline or hang up a four-peg board with some holes in the board. Toss and score as in baseball. If a ring falls it is a strike; if it goes through the holes, it is an out.

10. *Ball or Beanbag-toss Golf.* Toss or throw a beanbag or any suitable ball on a regulation course, or on any modification, such as using baskets or boxes or bags for holes.

11. *Hole Toss.* Toss objects (balls, stones, seeds, buttons, etc.) into a series of holes (cups, vases, boxes, baskets, etc.) arranged in any formation (rows, triangle, square, circle, etc.) either on ground, ice, snow, water; for example: (1) Toss beanbags into boxes placed high. (2) Toss buttons into milk bottles placed in a row. (3) Toss balls into open-mouth burlap bags from successive receding marks. (4) Toss golf on a table tossing buttons in cups.

12. *Stacked Disks Toss.* Stack disks of any kind (wood, rubber, coins, crackers, etc.) and from a suitable distance take turns at tossing balls, disks, blocks, cans, etc., to displace as many as possible in one toss. The players retain disks that lie nearest their block.

13. *Target Toss.* Toss disks, blocks, can-tops, etc., upon a target or space marked on the floor and numbered; for example:

(1) *Baseball Target Toss.* Mark an 18-inch card into quarters each representing a base. Place it on the floor, and from a distant line, teams toss disks to alight on the card and scoring the base the disk is on. Missing the card is a strike.

(2) Toss any object (ball, box, can, beanbag, etc.) over any obstruction (fence, wall, building, tree, wire, etc.) and into or on any other object (target, board, chair, cloth, marked space, etc.).

(3) Suspend a bell, can, box, cover, etc., inside a hoop, hang it up, and toss any object through the hoop without hitting the other object.

(4) Drop any object on or into another object from any stated height.

(5) Blindfold toss any object at any target, goal, or object.

14. *Displace-it Toss.* Place a 4-inch peg in an 8-inch circle; place a button on the peg and toss marbles to displace it. Score 1 point if the button falls outside the circle; deduct 1 point if it falls in. (Old-time "duck-on-rock" is a toss-displace game classed with tag games.)

15. Suspend a target horizontally high overhead and (*a*) toss darts, feather-corks, knives, etc.; (*b*) stick a tack through a small card, place it on a metal disk (coin) and toss it up into the target; (*c*) toss pins or tacks at a suspended magnet.

16. *Lariat Tossing.* Over persons or animals in motion or over stationary objects. The tossing is done with a back-hand sweep of the arm (right swing of right arm). (See List 30-3 for construction of lariat.)

Total List 35. Throw Objects Into Goals Games

Games and play in which objects are thrown into goals. Analysis for inventors is the same as that at the head of List 34, which consult. Sample games follow:

1. *Men's Basketball.* Court, any size from 35 by 60 to 50 by 90 feet. Ball, 30 to 32 inches around weighing 20 to 23 ounces, tightly inflated. Baskets, white-cord nets hung from metal rings 18 inches in diameter and fastened horizontally to a 4 by 6-foot backboard, the lower edge being 9 feet up, and the basket 10 feet high, the nearest part being 6 inches from the board. The object of the game is for two opposing teams of five players to throw, bat, roll, or bounce the ball to each other, when they get it, and then into their basket; meanwhile the other team tries to get the ball. The play starts by two opposing players in a 2-foot center circle jumping to hit (with the hand) the ball which has been tossed up between them, after which anyone may try to get the ball, even by taking it out of the opponent's hands as long as he does not foul. If it goes out of bounds, it is thrown in by an opponent of the team that last touched it infield. If two opponents have hold of it, the referee tosses it up between them. A player may dribble the ball once before throwing it; that is, throw, bat, roll or continuous bounce and then hold it.

The ball goes to the opponents out of bounds for a throw-in if (*a*) your team makes two dribbles in succession; (*b*) runs, kicks, or strikes ball with fist; (*c*) causes it to go out of bounds; (*d*) if while you have it out of bounds you hold it 5 seconds, or throw it in and then get it, or carry it in.

Personal fouls: (1) Hold, strike, trip, push, charge, block an opponent. (2) Rough playing. The penalty is a free throw for goal from a line 15 feet away by the player fouled, or two free throws if he was fouled while throwing for the goal. If he or a teammate steps over the

line, the goal does not count; if an opponent does it, it counts and he has another free throw.

Technical fouls: Delaying the game, tapping ball going up on the toss-up, talking to officials, leaving the court, unsportsmanlike act, nonplayers coaching. Penalty: Free throw for goal. Scoring: 2 points for field throw; 1 point for free foul throw made. Playing time: two 20-minute halves (*official rule book*).

2. *Women's Basketball.* Mostly played as the men's game, the distinctive features being: six-player teams. Floor divided into three parts, two players in each. If a player has the ball in both hands, she cannot be interfered with. If she holds it more than 3 seconds, she loses it. A juggle and a dribble cannot be made in the same play as in the man's game. Fouls that give opponents a free throw: (1) Snatching or batting the ball from an opponent. (2) Rolling or handing ball to another. (3) Touching the ball after giving it to the opponent. (4) Not arising promptly after falling. (5) Holding ball more than 3 seconds. (6) Passing the ball to another during the free throw. (7) Overguarding an opponent.

3. *Nine-space Basketball.* Same as the women's game except that the floor is divided into nine sections, one opposing player in each (Fig. 164). Players shift spaces after each goal.

4. Although basketball can be played on skates or in the water, the ice game is dangerous and the water game exhausting.

5. *One-goal Basketball.* Excellent for one, two, or three players on a team. Both teams play for the same goal or have two goals on the same post.

6. *Single Goal-throwing Contests.* (1) Each of two players has a ball; they stand side by side, 30 or 40 feet from the goal, and at the signal both throw for the same basket; if neither ball goes in, they follow up the throw and try until one of the two enters. Score 2 points from center, or 1 point from the follow up.

(2) Free throw contest from the 15-foot line, the first to score a given number of points wins.

(3) Free throw and follow up. Each singly throws for goal, and if the ball enters, it scores 1 point. If it does not enter, follow up until it does, counting 1 for each attempt; the highest total score wins.

(4) Same as either of the above, except that each time throw from a different spot.

7. *Catch-and-pass Basketball.* Teams of five players, each team occupying a long half of the court; each team has a ball and each player is stationed on marked spot. At the signal each center throws the ball to the near corner teammate; he to the goal man, who throws it into the basket and then throws it to the far corner man; then he to the far goal man, for a throw at his goal, etc., until time limit or a given number of points have been made, scoring 1 for each basket entered (Fig. 165).

8. *Lacrosse* (Racket Throw Goal Ball). Of American Indian origin. The purpose is for teams of twelve players to run with, pass, and throw a small ball (7¾ inches 4½ ounces) into goals by means of long thong-strung rackets. The field is 110 yards by 70 to 85 yards. The goals are like those in hockey—6 by 6 foot cages, placed in the center of an area 12 by 18 feet (the crease) in which attackers cannot score; twelve-player teams. Two 30-minute halves. At the start the two opposing centers "face" in the 20-foot center circle; the backs of the sticks (rackets) are held together on the ground with the ball between them, and at the signal they "draw" the ball into play. It may be carried on the racket or knocked with it on the ground or kicked, but must not be handled, except that the goal keeper may stop it with a hand, stick, or body. When the ball is stuck in any place that it cannot be played by the racket, it is "faced" between two opponents near by. Out of bounds ball is either "faced" or thrown in by the nearest player. When a player drops his stick he is out of play until he recovers it. All "facings" in the vicinity of the goal must be done 10 yards from the goal. Umpires may be protested and removed by the referee. Only the captain, referee, or judge shall claim a foul.

Class A, technical fouls: with a penalty of 1-minute suspension or a free throw where committed (except 10 yards from the goal): Touch ball with hand. Throw stick at ball. Move from position after the whistle blows. Delaying the game. Off-side play.

Class B, technical fouls with suspension for from 3 to 7 minutes: Hold opponent's stick. Illegal interference. Hold or push or shoulder. Checking from behind. Trip, slash, or unnecessary roughness. Kneel in front of a runner. Throw ball out of bounds or lying on it. Wear any but standard shoes (canvas with rubber soles). Injuring opponent suspends for 5 minutes.

Class C, personal fouls suspending for the whole game: Checking opponent with stick in both hands so that he is held firmly. Profanity or threats. Deliberately striking a player. (Spalding Library Rules.)

Total List 36. Accurate Throw and Hit Games

The purpose is to throw some object at others. For inventing games of this kind consult the analysis given at the beginning of List 34. Many new and old ones follow:

1. Throw at a suitable stationary, swinging, moving, or whirling target either a ball, stone, stick, spear, dart, knife, hatchet, snowball, paper ball or wad, rolling pin, etc.

2. Throw flat stones on water so that they will hit distant objects (tree, log, rock, etc).

3. Throw a javelin (4 to 6 feet long) at a horizontal bar, fence top, etc., so that it will skip from it to a distance and hit some other object, or measure the distance beyond.

4. Throw a sponge ball in a David's sling at anything (Fig. 166).

5. Insert phonograph needles into a board to form a target and throw a cork dart at it.

6. Throw a filled ball or other object backward overhead or between legs at a person or object.

7. Throw any object over a wall, high net, etc., so it will fall on a target on the floor.

8. Insert a pointed stick into worthless fruit or vegetable and throw it from the stick to hit an object.

9. Throw a hatchet or knife at a post so as to stick point in.

10. Stand on one foot, sit, squat, or lie and throw a ball or other object at an object.

11. Hold a ball on a racket and throw it at a target.

12. Place a ball on the ground. With one end of a stick placed next to it hurl it at an object.

13. While running throw a ball at a target from a bounce.

14. Mounted in motion on a pony, vehicle, or person's shoulders, throw a spear at a swinging or thrown object.

15. Throw burdock burrs at a fuzzy cloth target. Those that stick on other burrs count double.

16. Throw shells down upon others and score the shell that does not break, or throw them into the air and throw others at them.

17. Players stand with feet apart and in circle formation. X at center tries to throw a filled ball between anyone's legs. Change places if successful. An object may be placed between the feet to be guarded from the throw.

18. *Guard it.* Z at the center of a 30-foot circle guards an object from being hit by X, from outside the circle. A hit scores 1 point. If Z bats the throw, he scores 1 point. If any X catches a fly batted by Z, that X scores 1 point.

19. *One Guard.* Z guards an object in a 30-foot circle. Scattered outside the circle the Z and X players are paired. The X's pass or dribble a basketball to each other and try to hit the guarded object, the Z's guarding by batting it with hands. The X's score by hitting the object; the center Z scores if he catches or bats the ball.

20. *Hit it.* A team lines up at each end of the gym and throws a soft ball back and forth trying to hit the wall below 7 feet.

21. *Throw into.* Two teams occupy marked distant areas and try to throw a soft ball into the opponents' goal, scoring if it hits the ground.

22. Two teams line up 50 feet apart, each person having a stick or other object. A hoop is rolled midway between the lines and each throws his stick through the hoop, scoring. If anyone knocks the hoop over, he loses a point.

23. Two teams have an object in a small circle. They are outside and guard it from being hit by throws from opponents.

24. Place a basketball between two opposing teams, lined up 40 feet apart. Throw one or two soft balls to hit the center ball and score hits.

25. Two opposing teams line up on opposite sides of the gym, each guards a club or other object from being hit by opponent's throw. Use several soft balls to throw. Hits eliminate the player or he is annexed. Players must not advance beyond the center line.

26. *Javelin Golf.* Mark certain trees, shrubs, fences, etc., and throw a 6-foot javelin from one to another around the course, scoring hits as in golf.

27. *Boomerang Throwing.* Throw a boomerang to hit objects or to return to the thrower. A boomerang can be made of a well-bent piece of wood or of two or three pieces crossed at the middle, convex ends bent slightly. One surface of each stick must be rounded and beveled to a sharp edge, the other side is flat. A right-handed thrower grasps the end of one of the sticks with the curved portion to the left and throws it forward from overhead (Fig. 167).

28. *Knife-grounding* (Mumblety-peg.) Throw a pocketknife in various ways with a wrist action that will cause the point to stick into the ground so that two fingers can be slipped under the handle. (*a*) Lay it on the knuckles of the fist, twist the wrist inward (Fig. 169). (*b*) Lay the knife on the open palm, the blade parallel with the fingers and pointing forward, and toss it up to make an inward turnover. (*c*) Hold the blade and throw it forward with a half turn of the knife. (*d*) Hold the blade and touch the opposite ear with the handle, the arms being crossed; throw forward down. (*e*) Hold blade and touch the nose and above eyes in turn. (*f*) Hold the blade-point on the forehead with the forefinger, then flip it forward to ground. (*g*) Same as "f" from each finger of each hand and then from the knee. (*h*) Hold the blade at the forehead and toss it backward overhead. (*i*) While it is stuck in the ground strike the handle with the hand so that the knife turns over and blade grounds. (*j*) Knife-grounding baseball, base hits determined by the way the points stick (Fig. 168).

29. *Crack 'Em.* Each player has a string attached to a shell, small paper box, button, or nut, etc., and takes turns in trying to break that of other players by hitting with his.

30. *Swing-it Games.* The object here is to swing objects in a pendulum manner and hit other objects, such as: (1) Suspend a croquet ball or dumb-bell from a pole, limb, beam, etc., and knock down clubs, blocks, or other objects numbered and set up along the swinging arc.

(2) Hit another object that is in motion at right angles to the other pendulum (the second object may move horizontally, vertically, or as another pendulum).

(3) Suspend a stick at the middle (or a spear, long knife, etc.) and try to spear another object that is stationary or in motion.

(4) Suspend a box or barrel (one end being open) and try to hit

another object after having twisted the suspending rope. Or try to insert a barrel-end into an old tire.

(5) Swing a knife to cut a stretched string.

(6) Swing a bottle to hit other bottles, bulbs, or other breakables.

(7) Swing tin cans or dishes to hit other sounding objects.

(8) Swing a hatchet to hit a post.

(9) Swing an apple to impale upon a nail or other pointed object, or cut the apple in two on a stationary knife.

(10) Pendulum reaction timer: Stop a released pendulum as soon as possible by means of an arc gauge stop, stick, etc.

(11) Swing a tire against a wall and mark the rebound.

(12) A person swings from rope, swinging rings, or poles and kicks objects that are stationary or in motion.

(13) Swing an object suspended from a vertical pole so that it will swing around the pole and hit the person.

(14) Swing a heavy object for height.

(15) Swing a bell without ringing it.

Total List 37. Throw and Hit Persons Games

The purpose of this kind of games and play is to hit *persons* with suitable objects. Game inventors are referred to the analysis of List 34 in devising others in addition to those given here:

1. *Hit Anyone.* Throw a soft ball at any other player. If anyone is hit, he is eliminated. May rule to hit a foot, etc., only.

2. *Roll Ball and Throw.* Players stand in two lines 4 feet apart. A ball is rolled in the lane between them, and where it stops that player runs to a distant goal and may be hit by any other player who gets the ball.

3. *Guess the Thrower.* Z stands facing away 20 feet in front of a line of throwers (X). Any X may throw to hit Z. If hit, Z must count ten before turning to guess who hit him. A right guess or a miss throw changes places.

4. *Change Base Hit Him.* Each Z has a base. On the signal or at will the Z's change places and X tries to hit anyone off base with a soft object. Change places on a hit.

5. *Circle Scamper Hit.* All players are numbered and form in a circle. The leader throws a ball up and calls a number, who thereat becomes X, gets the ball, and calls "halt" as the others scatter. He may then throw at any player. A hit scores a point, a miss loses 1 point. Duplicate numbers may be given. Both X's pass the ball between them to hit the nearest. No one must move from his spot.

6. *Hit Each Other.* One Z carries six soft balls and lays a trail with paper, chalk marks, or tracking irons. Each X with one ball tracks Z and tries to hit him, and he them. To win the X's must hit Z three times. If he hits six times or less, as agreed, he wins.

7. *Snowball Capture.* One X is against all Z's. If X hits any Z, that one is eliminated. The Z's must hit X three times to win.

8. *Hit the Runner.* A team of X's line up in two lines 30 feet apart. A team of Z's run in file down the lane while the X's try to hit them with soft balls, etc., or ring them with rope rings or lassos.

9. *Team Hit and Capture.* Two opposing teams line up 30 feet apart and throw snow or paper balls. Those who are hit become allies or are eliminated. A neutral zone of 20 or 30 feet separates them, in which no one hit is scored against.

10. *Hole It and Hit Him.* Holes are made in a line, one for each Z, and two sticks in each hole. From a 10-foot line X bowls a ball into any hole. If he fails, he loses a stick; if he succeeds, that player becomes X and chases and tries to hit anyone; if he fails, he loses a stick. If he hits a player, that one loses one.

11. *Horse and Riders* (Mount Hit Them). X team are bottom men, Z team are riders. The Z's throw about and catch a soft ball. If any Z drops the ball, all Z's dismount and run. Any X may get the ball and call "Halt," and then throws at any Z. If he hits him, the teams change places, if he misses, they remain as before in the next play.

12. *Storm the Fort* (Hit Them Capture Goal). The Z is fortified in any real or imaginary stockade. The X team throw snowballs, reed balls, paper balls, redroot weed darts, etc., to hit and eliminate any.

13. *Circle Dodge Ball* (Base Hit Them). Z team is in a 30-foot circle. X team outside throw one ball to eliminate any Z who is hit. When all are hit the teams change places. Eliminating all in the shortest time wins. In a gym divide floor into three spaces; Z team in the middle one, the X's in the other two.

14. *Bounce Hit Them.* Z bounces a ball trying to hit any player in line or circle formation.

15. Toss up several small objects at once (grain, seeds, buttons, etc.); eliminate any hit by any falling object. All must be in a limited area.

16. Teams or individuals mounted on animals, vehicles, or persons throw at and capture others.

17. *Hit Tag Games.* Play any tag game, but throw to hit instead of tagging (see tag games, List 51).

Total List 38. Throw and Catch-it Games

Purpose: To throw objects to others who catch them in various ways. Inventors of games should refer to the analysis of List 34.

1. Hard or soft baseball pitch-and-catch at 50-foot distance.

2. Hard ball throw to bases: (*a*) for speed from base to base; (*b*) for accuracy to various players.

3. High throw, each player being in a 30-foot circle, the ball must fall within any opponent's circle to score.

4. Catch from a bounce: (1) Stand 100 feet apart, throw to hit a circle on the ground, the opponent catching the ball on the bounce. (2) X throws a rubber ball above a 10-foot high line on the wall which Z must catch within a given area. (3) X bounces a rubber ball high from a throw-down; Z must catch it backward, or in one hand, etc.

5. Throw forward from under one leg or backward under both, Z catching it in a given manner.

6. Throw and catch while mounted on boxes, barrels, vehicles, apparatus, persons' backs, etc.

7. Throw and catch while in motion: (*a*) Running parallel 50 feet apart; (*b*) running toward each other, or away from or both in the same direction; (*c*) mounted in motion.

8. Throw and catch, back and forth, a 4 or 6-pound filled ball (medicine ball): (*a*) Throw from one shoulder; (*b*) straight arm sideward or overhead; (*c*) both hand-push from the chest, vertical, back of head, sideward, backward overhead, backward between legs; (*d*) roll the ball down the flexed thigh (Fig. 170); (*e*) Toe lift (Fig. 105); (*f*) both feet lift; (*g*) throw forward overhead with both feet (Fig. 148); (*h*) thigh or instep kick—(punt); (*i*) backward catch from overhead toss, or with a half turn from a direct toss (Fig. 41-b); (*j*) toss forward overhead from a back hold (Fig. 41-b, c); (*k*) Sit and throw and catch in various ways; (*l*) toss the ball backward with back of head.

9. Throw and catch a stick that has a padded end.

10. Throw and catch rubber or reed rings in various ways with hand or stick.

11. Single and double juggling (see next list).

12. Line formation throw and catch: (1) Players stand or sit in line. X faces them and tosses or throws a ball to anyone who must catch it or lose a point.

(2) Same as (1), but the ball is thrown by X to anyone in line, and is then passed to left or right to the end, X must run to the opposite end of the line and all other players shift, the end player who has the ball going to X's place to throw.

(3) Team-line throw. Opposing teams throw a ball to each other calling opponent's name who must catch it.

(4) Teams form in alternate lines. The ball is thrown to players of their own team over the heads of the opponents.

13. *Circle Ball.* Players (Z's) in circle formation, X at center. The Z's pass and throw a ball to each other, X trying to get it or cause them to misthrow or drop it. Change places on a miss.

14. *Team Keep Ball.* Each team tries to keep the ball away from the others by throwing and running about. Points may be scored on fair catches.

15. Two opposing teams form alternately in a single circle. An X player of each team is at center who throws a ball to his team. It is

then (*a*) passed around the circle, or (*b*) each team scores catches from the center X's throw.

16. Each team forms in two concentric circles. The ball is thrown zigzag from circle to circle. Teams may also form in two parallel lines and use a zigzag pass.

17. *File pass from a toss.* Teams in file formation in any attitude. The ball, bag or ring is passed back, the last player runs with it to a mark ten or more feet in front of the file, and then throws it to the next in file, then goes to the file head.

18. *Base-hit Capture.* Opposing teams have adjacent goals 15 feet in diameter with 5-foot lanes. The object is to throw something (filled ball, rubber ring, etc.) into the opponents' goal. Players may enter opponents' lane, but may be captured there by tagging. A successful throw into goal releases all prisoners.

19. *Toss-over Net and Catch.* Singles court 15 by 40-feet (larger for doubles and teams), with a 4-foot lane under the net, which is 6 feet high. The court may be divided lengthwise if desired. The game is similar to volley ball except that the ball, rope, or rubber ring is thrown and caught by hand, stick, string, or racket. (See 21 also.)

20. *End Ball, Captain Ball,* etc. (Base Throw and Catch Games). The purpose is for teams to throw an object to teammates on bases that are guarded by opponents. Sample games follow:

a, *End Ball* (End Base Throw). Mark lines across the gym or hall 6 feet from the end walls and across the center; a half of each team in opposite end bases, the other half guards the opponents' base (Fig. 172). Two opposing centers jump in the toss-up as in basketball and each team tries to get the ball within its area and throw it to their basemen, scoring 2 points; 10 minute playing halves. Fouls are: (1) Step outside own base or area (the ball is given to the opponents). (2) Carrying the ball. (3) Touching ball in opponent's hands. (4) Holding, pushing, or other rough play. The penalty is either that the opponents get the ball, or get a free throw for goal from center, or are given a point.

b, *Call Base Throw.* All members of a team are in an end area, and numbered. They throw a ball to the opponents and call a number, who must catch it or become a prisoner. A prisoner may be redeemed if the captors later drop a ball.

c, *Corner Base Throw.* The same game as the above, except that there is a base in each corner with only one baseman in each.

d, *Diagonal Corner Base.* Each team has a base in the diagonal corners and a center circle. Scoring is done only by a throw from center to a baseman.

e, *Captain Ball* (Many Base Throw and Catch). Each team has a number of (4-foot) bases placed in circle formation in its half of the gym, one player in each and guarded by one opponent (Fig. 171). The

ball is tossed up at center and the team that gets possession of it throws it to any baseman of their team.

Scoring plan A: 1 point for any baseman catching a thrown ball; 2 points for throw from center to a base and return; 5 points for passing the ball completely around the circle of bases.

Scoring plan B: 1 point for any ball passed between any two basemen or any baseman running to another base without being tagged.

Fouls: Step over a line with both feet. Hold ball over 4 seconds. Run with, kick, roll, or snatch the ball. The penalty is a free throw from center with guard 6 feet away.

21. *Diabolo* (String Catch Spool). Each player holds two 2-foot sticks by the ends, the other ends of which are united by a strong 6-foot cord. With this cord they throw and catch a large spool-shaped object (Fig. 173). Any kind of throw-and-catch game can be played with this outfit, but the best one is a volley game over a high net similar to volley ball. (See 19.)

22. *Hi-li* (spelled Jai Alai). The age-old game of "pelota" (ball) of the Basques of Spain, extensively played in Spanish-American countries and now being promoted in the United States.

It is something like handball, but instead of batting the ball with the hand it is caught and thrown by means of a queer-shaped curved hollow wicker racket or scoop (Fig. 174). The ball is much like an American hard baseball but smaller (7 inches, 4½ ounces). It is caught and thrown in one continuous motion from either the fly or the first or second bounce.

The rules are much like handball, except that there are always two on a team. A "short" on the serve loses the serve; a serve past line eight gives another serve; a served ball must strike the floor between wall-lines five and eight extended across the floor.

The court is 150 feet long, 47 feet wide, and bounded by three high walls, the side wall being on the left of players when facing the front wall. The playing area marked on the front wall with metal strips is 34 feet high by 32 feet wide. The high strip also extends along the side wall. A strip crosses both the front and back walls at 3¼ feet from floor. 6-foot long vertical lines are marked and numbered on the side wall at intervals of 11½ feet.

Total List 39. Roll Goal-it Games

The purpose: to roll objects into stated goals.

Inventors of games should use the analysis of List 34 in devising of this kind in addition to those given below:

1. *Alley Bowling:* (1) *Tenpin Bowling.* This is the most popular bowling game. The alley is a highly specialized wooden construction, 60 feet long by 3½ feet wide with an approach runway of 15 feet. Ten wooden pins are set up in triangular formation at the far end of the alley, 1 foot apart, four at the base, then three, then two, then the head pin.

These pins are broad, Indian-club in shape, of specified dimensions (in inches, 15 long, 15 around the largest part, 4½ around its base, 5¼ around its neck, 8 around its head). The balls are highly polished, very hard (made of lignum-vitæ) wood of varying sizes, but not over 27 inches around, each having two holes drilled for inserting the thumb and middle finger (Fig. 175). Each player rolls two balls in each frame, except when he makes a "strike" (knocks all pins down with the first ball in any frame), in which case he does not roll the second ball in that frame. But, by a singular scoring plan, he is credited 10 points in that frame (say, frame A) for the strike, plus all the pins he knocks down with both balls of the next frame (say, frame B), and the latter points are also credited as total points in frame B. If he downs all pins with the two balls of a frame (A) it is a "spare" and only the first ball score of the next frame (B) is added to the 10 points made in frame A. A strike in the tenth frame allows two more balls rolled; a spare allows only one. The total number of pins knocked down in the game determines the winner. Pins knocked down but remaining on the alley or gutters must be removed before the next ball is bowled.

(2) *Threepin Alley Bowling* (*"Cocked-hat"*). Use the same alley as above, but only three pins are set up, one at each angle of the triangle (Fig. 176). The scoring is like tenpins, except that a "strike" scores 3 and there are no "spares."

(3) *Three-in-line Bowling.* The object is to bowl down the rear two pins and let the front one remain. Three bowls in each of 10 rounds. If the head pin is downed there can be no points made in that round. Downing the second pin scores 5; the third pin, 7.

(4) *Ninepins.* Nine pins are set up in diamond formation. There are 4 rounds with four bowls in each round (two on each of two alleys). The object is to knock down the head pin, all others falling score, but if the head pin remains up, no points are scored. All downed pins are set up after each bowl.

(5) *Head Pin Out.* Set up as in tenpins except that the first pin is taken out. One pin only in each round must be left standing or no points are scored.

(6) *Ten Up Nine Down.* Tenpin set-up. First bowl must down only one pin, then two more bowls are taken in each frame (round) to knock down all the others but one.

(7) *Exact Point Bowling.* Each bowler is given or draws a number (numbers are from 1 to 15). The difference between his number and 31 determines the exact number of pins that he must down. The first to down his number of pins is winner.

(8) *Exact Pin Bowling.* There are many variations of knocking down a given number of pins in each round, starting with any number of pins and "spotting" (put on the different marked ten-spots) them as determined beforehand. (See Spalding's *Bowling.*)

2. *Lawn Bowling* (Bowls). A full field is 40 or more yards square surrounded by a ditch and a ridge 2 feet high and marked into rinks 20 feet wide. Balls are of lignum vitæ, 3½ pounds, 16½ inches around, but less convex at one portion (Fig. 177). There are teams of four players, each having two balls to bowl. No. 1 of the toss-winning team leads by bowling a white porcelain ball ("the jack") down the rink at least 25 yards, and then rolls his first ball so as to get as close to the jack as possible. Then No. 1 of team two bowls one; then each of the two players bowls the second ball. Then the second two players do likewise, etc., until all have bowled. The team that has a ball or balls nearest the jack scores a point on all those that are nearer than any of the opponents' balls. Game of 21 points, or 21 rounds, as agreed upon. The bowlers must have one foot on a 22 by 14-inch mat placed at the end of the rink. The captain of the team that wins a round (innings) may place the mat for the next round at the place where the jack now lies or anywhere back of it in the center of the rink. The jack must lie at least 2 yards from the ditch or it must be placed there. If hit by a bowled ball, it remains where it goes if inside the rink, even if it is in the gutter. A dead jack must be bowled again. Dead balls (in the gutter) are placed at once upon the bank. If a jack goes out of bounds and then rebounds, it is good, but not so with a ball.

In playing a game of bowls of points four rinks are laid out each with a different diagram at the far end, for example: On rink No. 1 a jack is placed near the end; 15 feet in front of the jack two balls are placed in line 5 feet apart. On rink No. 2 two jacks are placed in file 12 feet apart, and six lines are drawn between them, 6 inches apart to the 9-foot mark and then they converge to the rear jack. On rink No. 3 two balls are placed 3 feet apart in line and a jack is placed between and a little forward of them. A 6-foot semicircle is drawn back of them. On rink No. 4 two balls are placed in line two feet apart and a jack is placed in front and 15 inches from each ball. The rules give each bowler two bowls on each rink, and then repeat.

Scoring: On the first rink the bowled ball must go outside the stationary balls and lodge within 3 feet of the jack to score 1 point, within 2 feet to score 2 points, within 1 foot to score 3 points. On rink No. 2 a ball lodging on the center space of the diagram scores 3 points; next, 2 points; outside space, 1 point; no score allowed if the rear jack is hit. On rink No. 3, if a bowled ball hits a jack, both going past the stationary balls, it scores 3 points; if the jack only goes past, it scores 2 points; if the ball goes between the other balls, it scores 1 point (no points if balls are hit or bowled ball or jack goes beyond the semicircle). On rink No. 4 a ball driving the jack to the ditch between the other two balls scores 3 points; if it merely shifts the jack, 2 points; if it touches the jack or passes between it and another ball, 1 point. (Spalding Athletic Library.)

3. *Floor Bowling.* On any smooth floor use Indian clubs and any

kinds of balls and play (*a*) any kind of alley bowling (as in 1, above); (*b*) team bowling; each one of the team has one ball and all bowl in rapid succession until all pins are down; (c) both teams stand alternately in one circle each player astride an Indian club, which he defends from being hit and eliminated by a thrown ball.

4. *Human Pin Bowling.* Place persons on spots of any diagram standing on one or both feet. Bowl soft balls (filled balls) to hit and score or if on one foot, to down the other foot.

5. *Cue Bowling.* With a billiard cue and balls and small pins play any bowling game on a shuffle-board.

6. *Arch Bowling.* Place wickets of wire or other construction in line, file, or other formation, and score arches made.

7. Bowl at any moving object (target, rolled ball, or hoop, low-swinging suspended club, mechanical toy, etc.).

8. Bowl one or a handful of marbles at a hole in the ground or any small opening, arch, etc., scoring those that enter.

9. Bowl potatoes, nuts, stones, or other irregular objects at pins, stakes, arches, holes, etc.

10. *Wheel or Disk Bowling:* (1) Bowl a hoop at a post or tree. (2) Bowl a wheel between two objects (trees, posts, rocks, etc.). (3) Bowl an auto tire so that when it falls it will encircle a stake or stone. (4) Bowl a ring at small blocks placed on the table. (5) Press the finger on a broad ring so that the pressure will roll it forward with a reverse twist, then back (boomerang roll).

11. *Roll at Them.* The Z team stands in line, one foot raised, while the X team bowls soft balls at them from a 30-foot line eliminating those hit or who put the other foot down. Time score.

12. *Downs Eliminated.* Two clubs or bowling pins are set up 50 feet from the line, one pin for each team. Teams bowl alternately. Hitting own pin eliminates self; hitting opponents' pin eliminates one of them. Object is to eliminate all opponents.

13. *Hole Hockey* (Stick Ball-roll). Holes are made in the ground in circle formation, one for each player except X. Each Z player holds one end of his stick in a hole. X dribbles a ball (or can, block, disk, etc.) from outside the circle into a hole at the center. If he succeeds, he selects anyone to change places with him. The Z's try to prevent him by batting the ball away, but if X can get his stick into any vacated hole, that player becomes the new X.

14. *File Hole Roll.* Three or more numbered holes are made in a row. The player bowls from a distant line into the first hole. If he makes it, he bowls from there into the second, etc. If he fails to "hole," it must lie and may be hit by other bowlers as in croquet.

15. *Hole Roll Baseball.* Three-foot square diamond with a hole at each base and others in the field, marked "first," "second," "third," "home run," "stolen bases." The pitcher holds a marble between two fingers

and bowls it to the batter, who with his wrist resting on home plate snaps the marble with a finger, scoring any hole it enters.

16. *Hoop Rolling Play:* (1) Roll it on a straight line or between two lines. (2) Inside a small circle roll. (3) Roll up and downhill, through inclosures, gates, stakes, trees, etc. (4) Zig-zag roll along a row of objects. (5) Roll hoop while mounted upon skates, bicycle, scooter, etc.

17. *Billiards* (American rules). The table is 5 by 10 feet with a rubber block-board on all sides and all surfaces covered with green felt. 2⅜-inch ivory balls are used, one white, one white with black dot, and another all red. These are played by hitting (butting) with a cue (stick) 5 feet long, 1½ inches at one end tapering to five-eighths or one quarter-inch and tipped with leather.

The first player places a red ball on a spot near one end and the white ball at the other end. He places the third ball within 6 inches of the white one and serves it so that it will first hit the red one and then the other, thus scoring 1 point, a failure scoring 1 point for the opponent. After that either ball may be played, but must always hit the two other balls to score. A player continues until he fails, then the opponent. If any ball lodges in a corner 4½ inches square, a point is lost. "Balkline" and other highly technical games are played. (Get rules from supply dealers.)

18. *Pool.* Played on a table similar to billiards, but with pockets in each corner and two sides; fifteen numbered balls are used and a "cue ball" is served with a cue to hit and knock the other balls into the pockets, scoring 1 point for each or the number on the ball as determined. At the start the fifteen balls are in close triangle formation at one end and the cue ball is served from the other. On this play either two of the scattered balls must hit the cushion or one pocketed or the player loses 3 points. When a player fails to score, the next player serves the cue ball from where it lies. In "Continuous Pool" each ball aimed at must be pocketed to score, the game ending when the number of points agreed upon has been made by anyone; 1 point is deducted for failures. (Deduct 2 points if 2 balls do not hit the cushion of the first serve—the drive.) The one who pockets the last ball decides who shall "drive" next games. There are many variations of pool. (Get rules from equipment makers.)

Total List 40. Slide Goal-it Games

The purpose is to slide objects into stated goals. Game inventors should consult the analysis of List 34. A few games of this kind are here listed and briefly described:

1. *Shuffle-board.* The board is a tablelike object 30 feet long, 1½ feet wide, surrounded by a 4½-inch gutter and banked with stop-boards; end lines are marked across the board 5 inches from each end. One-pound iron or brass disks are slid from one end so as to finish in the end space marked by the cross line. Each of two players has four marked disks and serves alternately. In scoring, the disk nearest the line scores

1; on the end line or between it and the board end, scores 2; disks projecting over the far end of the board score 3. Only the best of the eight disks served in each round scores (Fig. 178).

2. *Deck Shuffles.* A favorite game aboard ships, but may be played on any smooth surface. Two similarly numbered diagrams are marked on the floor 25 feet apart. Eight wooden disks, 3½ inches in diameter and 1½ inches thick, are slid from one diagram into the other. Four disks are one color and four another color. The shoving implement is of wood, 5 feet long and with a crutch end. In singles each player has four disks, in doubles each has two disks. Sides slide alternately. Disks that rest on a line do not count. The first to get 100 points wins, but other number of points may be agreed upon in practice matches. The diagram (see Fig. 179) is 5 feet long by 3 feet wide marked into nine squares and two end semicircles, numbered as shown, and the two minus 10 ends are nearest each other and 25 feet apart. All disks resting clear of lines and inside count, except that if one or more are in the 10 minus area 10 points are deducted.

3. *Foot Shuffles.* Ten spots are marked on the floor and numbered and put in any formation desired. With a foot slide wooden disks having concave notches and score those that lodge. Each has three disks (Fig. 180).

4. *Table Shuffles.* Mark and number on a table top ten 1-inch squares in any adjacent formation. In turn, each player with a small clutch-cue pushes six checkers from the other end of the table, scoring placements.

5. *String Shuffles.* Thread a string through a spool and stretch it taut from wall to wall. Mark one or more spots with ink. With hand or cue slide the spool from the other end of the string, scoring lodgments (Fig. 181).

6. *Skittles.* An old-time game, played on a wooden alley 36 feet long, nine pins being set up at one end. Watch-shaped stones (or metal) are slid by hand to down the pins. Players bowl in succession. Each pin down scores 1 point. The first player to get exactly 31 points wins.

7. *Finger Table Hockey.* Attach a small stick to the thumb with rubber bands and use checkers as pucks. The hand must travel on fingertips and not be lifted. The table is banked. Best played in singles or doubles.

8. Slide sleds on snow or ice to marked spots or areas, projecting with either hand, foot, or stick.

9. *Wand Slide.* Wands 3 feet long are used to slide downhill on any smooth surface (ice, snow, etc.). Some bumps may be built on the course. Winner is the one who slides his wand to the bottom a given number of times. Wands are not shoved, but so placed as to self-start.

10. *Hill Shuffles.* Mark spaces or set up pins at the hill bottom and slide disks by hand or cue.

11. *Curling* (ice shuffles). The object is to stand on iron footholds at one end of an ice rink and slide heavy polished stones (stane) so as to lodge on the far-end tee. The tees are 38 feet apart and together with the encircling lines (2, 4, and 7 feet in diameter) are marked beneath the ice surface. The stones are ovoid, 32 to 44 pounds in weight, 36 inches around, the height one eighth of the diameter, and having detachable handles (Fig. 182). Teams of four players each having two stones to slide in succession. Stones that stop short of the "hog-line" or go past the back score line are removed. Only those that remain in the larger circle (parish) can score, the scoring as in quoits. Total game points are agreed upon. A teammate of the bowler may go in front of the oncoming stone and sweep the ice from the "hog-line" to the tee (anywhere if snowing). In the "point game" each one plays for himself, a few stones being placed around the far tee to be obstacles. (See Spalding's *Curling*.)

12. *Checker Sliding.* See snap games, List 44 (crokinole, snap check, buttons, cards, etc.).

Total List 41. Kick Goal-it Games

The purpose is to kick objects into goals. Inventors of games should use the analysis of List 34.

1. *Soccer Football.* (Kick Goal Ball.) A team game of eleven players on a side who try to kick an inflated ball through end-goals, a 24-by-8-foot opening. The field is 100 yards long by 65 yards wide. A cross line and a 20-yard circle are marked at center and two rectangles are marked in front of each goal (a goal area, 6 by 20 yards, and a penalty area, 18 by 44 yards).

At the start teams line up on own side of the field until the kick-off. If it is kicked out of bounds on the side, an opponent throws it in at that spot with a both-hand forward pass. If it is kicked over the end line outside the goal by the attackers, it is kicked in by the defenders anywhere on that line; if it is kicked over by defenders, the attackers kick it in at the nearest corner. No one may kick the ball in the opponents' half of the field unless (*a*) he is back of the ball; (*b*) three opponents are ahead of it; (*c*) an opponent kicks it. A goal keeper may use his hands on the ball inside the penalty area. He may not be "charged" unless he has the ball or is obstructing an opponent or is out of his area. Shouldering (pushing) is allowed if not too violent. The ball is thrown down between two opponents on a "stop play." A kicked goal scores 1 point, but no goal may be kicked directly from the kick-off or corner kick.

Fouls give opponents a free kick for goal (all but the goal keeper back of the ball) where the foul occurred. Fouls are (*a*) intentionally using hands on the ball; (*b*) rough or unfair play; (*c*) throw, carry ball, or bad throw-in; (*d*) making the penalty kick backward; (*e*) charging the goal keeper when he has no ball. (See *Soccer Football Guide.*)

2. *Six-ball Soccer.* For many players, six balls in play at the same

time. No off-side play. When any ball is kicked over the end line it is out of play. A goal kick scores 3 points, a kick over the end line scores 1 point.

3. *Soft Soccer.* For indoor or small-lot spaces loosely fill a volley-ball cover with sponges or curled hair. Teams of five players. Goals are 8 by 8 feet placed 4 feet from the end walls (or lines may be marked on the wall). A goal area is a semicircle in front of the goal having a 4-foot radius. The ball is put into play by a "throw-down" between two opponents at center and at any "stop play." There is no off-side rule except at the start. There are no boundary lines, the ball being in play until a goal is made or a foul. Fouls are: (*a*) Excessive roughness; (*b*) using hands on the ball, except the goal keeper, who may merely stop it within the goal area; (*c*) entering opponents' goal area; (*d*) keeping the ball out of play by stepping on it. The foul penalty is a free kick from the center, all players except the goal keeper being back of the ball.

4. *Team-line Kick-over.* Two teams line up 30 yards apart. A center player on each side face each other 10 yards apart with ball between them. At the signal they rush the ball and try to kick it over the opponents' heads, thus scoring. The linesmen try to prevent the ball but must not get out of line.

5. *Link-line Kick-over.* Two opposing teams line up 40 or more feet apart, teammates linking arms, and try to kick a ball over the opponents' heads, scoring 1 point; through the line, 5 points.

6. *Alternate Team Kick.* Two teams scatter on their own side of a football field and take turns in trying to kick the ball over the opponents' back line. The first kick is made from the 30-yard line. Each kick must be caught and the return kick made from that spot. A muffed ball (dropped) penalizes 10 yards.

7. *Kick Pin Ball.* Each team has a circle at its end of the gym, 8 feet in diameter, with six clubs. Teams try to knock the opponents' clubs over by kicking a ball, but must not enter the circle.

8. *Line Sit Kick-over.* Two teams sit facing 4 feet apart. A ball is rolled between them and they try to kick it over the opponents' heads to score.

9. Two teams try to hit and eliminate opponents by kicking a ball about.

10. *Team Free-kick.* A small goal (wicket, arch, board, etc.) at each end. Teams alternately make a free-kick, scoring goals.

11. *Kick-golf,* on a regulation or small course using a sponge-rubber ball.

12. *Kick-croquet,* with a tennis or sponge-rubber ball.

13. *Kick-bowling,* using Indian clubs and volley ball or firm indoor baseball.

14. *Water Kick Goal Ball.* Use a water polo ball. The goal is the entire end of the tank. Kick only.

15. *Foot-tennis,* using a soccer or volley ball.

16. *Foot-quoits,* kicking a reed hoop at posts and score as in quoits.

17. *Finger Kick Ball.* One or two players on a side, each using the first two fingers of one hand simulating legs in traveling and kicking a marble into a goal. Both fingers must not be lifted at same time.

18. *Hop-Scotch* (Hop Kick-it). A diagram of any given number of squares and triangles are joined and numbered consecutively (usually marked on the sidewalk) (Fig. 140). The object is to stand at the base of the diagram, toss a disk into each space in succession, then hop in and kick it out without stepping on a line, and then hop out in reverse order. Each continues to toss and kick until (*a*) he fails to lodge the disk in the required space; (*b*) steps on a line; (*c*) touches the floor with the other foot. The first to make all spaces wins.

19. *Catch-and-kick Games:* (1) X kicks a football or filled ball. Z must catch it in a given manner to score (for example, one hand, both, turn and catch at back, catch back facing forward, catch with knees, etc.). (2) Kick ball over a high wall, fence, building, etc., either scoring catches or change sides tag game.

20. *Accuracy Kicking.* Kick a ball at any stationary or moving object (rolling hoop, swinging pendulum, etc.).

Total List 42. Carry Goal-it Games

The purpose is to carry objects into stated goals. Game inventors should consult the analysis of List 34 in devising games of this kind, a few samples follow:

1. *Ball Carry Goal-it.* The goals are 50-foot lines at each end of the field. Any number of players on a side, half of whom are on the scrimmage line as in college football. The ball is passed back to any player who may run with it or throw it forward to a lineman. Touching the carrier downs the ball there. Only one forward pass in a play, but back passes may be any time. Interference may not use hands nor shoulders. Either use the four-down advancing plan as in college ball or decide on the number of downs to make a goal. Goals score 1 point. A penalty of one-down for an unsuccessful pass to the line, excessive roughness, and use of hands or legs in interference. Two fouls eliminate a player.

2. *Notch-carry Goal-it.* An Indian game. The notch is like a boy's sling shot, the stem 2 inches long and the two legs 6 inches. This is carried on a 3-foot stick with a forked end (Fig. 183). Size of field and number of players as agreed upon. To start the game anyone may place the notch on the forked stick and it may be carried or thrown to others, but must not be touched by anything but the stick. The notch is kept whirling about the stick at the forked end and thus carried. No one may touch another player on penalty of suspension. An opponent may try to knock or pick the notch off with his stick. Crossing the end field line scores one point.

3. *Carry-it Dodge Throw.* The purpose being to carry an object and avoid being hit by thrown objects: (1) The throwers line up along one side of the gym each with a soft ball (sponge, fluff, mush, yarn, etc.) and try to hit X as he runs with a racket or shield from one end of the gym to the other. X may use the racket or shield to ward off the balls. (2) Same as above, but throwers may use lassos or rope rings to encircle X. (3) Same plan, but X carries a football dummy and tries to prevent it being hit.

Total List 43. Blow Goal-it Games

The purpose being to blow objects into goals. Game inventors should use the analysis of List 34 in devising additional games of this kind.

1. *Blow-volley Ball.* Stretch a string across the room, 7 feet high, and play volley ball by blowing with mouth, tube, bellows, or fan any air-floating object (feather-down, thistledown, rosin bubble, soap bubble, toy balloon, etc.).

2. Bowl, play croquet, hockey, baseball, football, etc., on a table by blowing a bubble, toy balloon, ping-pong ball, cork ball, sponge ball, fluff ball, etc., by means of the mouth, tube, hand bellows, fan, etc. Teams of one or two on marked-out fields.

3. Blow any light object (see above) with one blow for distance or height (*a*) on smooth surface; (*b*) in the air; (*c*) adjust a paper cone or trolley on a horizontal wire or string.

4. *Blow-out.* Set up lighted candles in any formation (line, file, circle, bowling triangle, etc.) and blow them out from a given distance with mouth, tube, fan, bellows, and score as in any game (baseball, football, etc.).

5. *Accuracy Blow.* Project light objects with one blow of the mouth, tube, blowpipe, fan, bellows; for example:

(1) Soap or rosin bubbles or mouth-cone blow at a suspended card, box, ball, hoop, etc.

(2) Blow peas or other small object with blowpipe.

(3) Blow Games: Mark out on paper the field diagram of any game, lay it on the floor or fasten to wall and blow with mouth, tube, blowpipe, bellows or fan, any light object (ping-pong ball, sponge ball, cork ball, fluff ball, mouth dart, etc.) and score on the basis of the game played.

Total List 44. Shoot Goal-it Games

The purpose is to shoot, flick, or snap an object into a goal by means of the fingers or a projecting implement. Inventors should use List 34 analysis.

1. *Marble Play* (World's Championship Rules—Playground Association). Thirteen marbles form a cross at the center of a 13-foot circle marked on smooth, hard ground, the object being to "shoot" and knock

them out with another marble (a "shooter") by holding it with the thumb and first finger and snapping it with the thumb, the knuckles being held on the ground (Fig. 81). Only two players play (in ordinary use any number may play, each placing a marble in the ring, but not keeping any he knocks out). The order of playing is decided by "shooting" for a line 13 feet away. Shooters may not be changed during a match game. A player continues to play as long as he drives marbles out of the ring. If his shooter does not knock a marble out and the shooter remains in the ring, it must be left there and may be hit by the other players, who may then pick up a marble, but he may not hit the same shooter again until he has knocked another marble out. Double hits are both good if they go out. If a shooter slips out of the fingers it may be replaced if it has not hit a marble, or rolled 10 inches.

Scoring: (1) Each marble knocked out scores 1 point. (2) Hitting a shooter and it remains in scores 1 point, if it goes out the player gets all of the marbles the other has won.

Penalties: (1) Lifting the knuckles off the ground, moving the hand forward, or rearranging or smoothing the ground loses the shot and all marbles. (2) Disqualified for changing a shooter or coaching a player.

2. *Small-ring Marbles.* A 12-inch circle is marked 6 feet from the shooting line. Each player puts a marble in and take turns in shooting. A marble knocked out gives the player another shot from where his shooter lies. A shooter remains where it is if it misses a shot and may be hit by others. A shooter in the ring that is hit by another loses all marbles won, or they must be put in the ring, except when only one marble remains in the ring. Any shooter hit by another is eliminated and loses all his marbles won.

3. *Scatter Marbles.* Scatter a handful of marbles. Draw a line midway between any two marbles, pick up one of them and use it as a shooter to hit the other one. Pick up those hit.

4. Mount a marble on anything and with a shooter try to hit it either from "knuckle down" or up, as desired. Score hits.

5. Shoot at a dice cube or a marked spinning square top, using a shooter or blowtube or rubber sling. Score the top number.

6. Sink three holes in a row and from a 6-foot line hole each in turn as in golf but using a marble and finger "shoot." A hole entered wins a marble from each player and another shot for the next hole.

7. *Hole Marble.* All marbles in a hole at the center of the 6-foot circle. Stand on the circle and make an elevated shot as in marbles.

8. Marbles in a line. All shots from a 6-foot line. If a player misses a shot, he must put a marble in line.

9. Make a pyramid of marbles in a 6-foot circle and play as in the large-ring game (1).

10. *Rebound.* Shoot a shooter against a wall so as to rebound and hit those of other players placed in any formation.

11. Shoot marbles at pins stuck in a board.

12. Play croquet on a regulation court but shoot as in playing marbles.

13. Snap check. Marble rules played on the floor by snapping checkers with a finger (Fig. 184).

14. Snap buttons against a wall so that they will rebound into goals (cups, boxes, marked areas) or hit other objects.

15. With a springy piece of metal or whalebone snap buttons, grain, etc., at a given object or goal or for distance.

16. Lay a pencil on the table and snap it with the finger so that it will project over the far table-end, and thus scoring.

17. Snap (squeeze-slide) slippery seeds (water melon, orange, etc.) with the fingers to hit a target or for distance (Fig. 186).

18. Press snap buttons from table into a cup (tiddledywinks): (1) Score hits. (2) Play golf or croquet with cups placed in suitable positions. (3) Snap tennis over a miniature net, using a finger snap in the air in returning the serve.

19. *Card Snap.* Place a small square card on a left-hand finger and with a right finger snap it at a target, goal or over a high rope so as to alight in goal.

20. Play crokinole, carrom, and other commercial finger-snap combination board games (obtained through dealers).

21. Assuming various positions or doing various actions, afoot or mounted, shoot at a target (stationary, moving, flying, etc.) with a bow and arrow, slingshot, blowtube, popgun, rubber gun, rifle, pistol, etc. (for example, clay-pigeon shooting).

22. *Archery* (bow-and-arrow shooting). The target is 4 feet in diameter, with five circles (marked 9, 7, 5, 3, 10 and placed 60, 50, and 40 yards away as required. Three shots at a time scoring hits.

23. *Cord-stick Archery.* Use an arrow with a notch cut in it, a third away from the point, into which insert a knotted string that is attached to a whip handle or umbrella-stay (Fig. 187).

24. *Drop It.* Stand on a table, chair, stepladder and drop any object upon another one: (*a*) beans into a bottle, (*b*) peanuts or popcorn into someone's mouth, (*c*) tail feather through a ring, (*d*) snip bit of paper with scissors to drop on a coin, etc.

Total List 45. Combination Goal-it Games

The purpose is to get objects into goals by any two or more methods listed in the foregoing "goal-it" games (that is, strike, roll, throw, push, toss, kick, carry, blow, shoot). Game inventors should consult the analysis of List 34 in devising games of this kind.

1. *College Football.* The object is for teams to carry, kick, or throw a ball over the end lines or kick it over a crossbar. The field is 300 feet long by 160 feet wide, plus end zones of 30 feet. Lines are marked across

the field every 5 yards; eleven-men teams; 15-minute quarters with time out for fouls, out of bounds, and injuries. How the game is played: The team that wins the right to put the ball in play (team X) places the ball at center. Both teams scatter about over their half of the field. An X team player kicks the ball toward Z team goal. Any Z player who gets the ball may carry, kick, or throw it to a teammate (usually carries it). While carrying it he may be tackled and downed (called "a down"). The teams then go into a scrimmage. (Teams line up on their own side of the ball, the center player passes it back to another player before it may be advanced by carrying, kick, or throw). Teammates may act as guards for their ball carrier by shouldering opponents out of the way. They have possession of the ball as long as they can legally advance it 10 yards within four "downs" (trials). A player having the ball may make one "forward pass" during a play (throw it to a forward-running teammate), which, if caught, must be carried or kicked by the catcher. If dropped the ball is scrimmaged by the team that gets it, at the place where it was thrown. A team that gets within kicking distance of the goal may try a "drop kick" over the goal crossbar.

A "safety" is a downed ball in possession of the defenders back of their own end line (not the goal), in which case it is scrimmaged on the 30-yard line or kicked into the field from the end line. If a ball goes or is carried out of bounds over the side lines, it is scrimmaged 20 yards inside the field. Time is allowed out for three injuries during each half.

Scoring: A touchdown is carrying a ball across the opponents' back line and touching it to the ground, scoring 6 points. A field-goal kick is a kick over the goal crossbar during play, scoring 3 points. A "safety" (see above) scores 2 points for the opponents. A free kick over the crossbar from the 25-yard line after a touchdown scores 1 point.

Penalties: Extreme roughness disqualifies the offender and the ball goes half way toward his team's goal. A 5-yards loss for an off-side play during a scrimmage. Five to 15-yards loss for tripping, holding, using hands on opponents who do not have the ball. (See Spalding's *Official Rules* for detailed rules.)

2. *Tag Football.* Same as college football, but opponents are not allowed to tackle and down a player having the ball. Instead he touches him and the ball must be scrimmaged at that spot.

3. *Drew Ball.* Invented by the author in 1917, at Drew University, to give players more liberty than is usually allowed in games. It is played on a football field, advancing a soccer ball, combining features of college ball, soccer and basketball. The goals are uprights 15 feet apart, having two crossbars, the lower one 10 feet high and the other above it, with a 12-inch space between them. The size of the teams is proportional to the size of field—if on a basketball court, not more than four players (Fig. 188).

The ball (a volley ball filled with sponges or curled hair) may be put

into play in any way desired, but the opponents must be told and given time to prepare a defense. It may be advanced in any way (carry, kick, throw, ball, bat, etc.) except by close interference. Touching the player who has the ball gives it to the opponent to put in play there in any manner, or he may take it out of bounds for a throw-in or kick-in. Ball going out of bounds is thrown or kicked-in in any manner by the opponents. Fouls are: rough play, holding, tripping, striking, etc., which gives the victim a free try for goal as in any of the three games.

Scoring: A kick over or between the crossbars scores 2 points, a throw between the crossbars 3 points, a touchdown back of the goal line 4 points, and a free kick from the 20-yard mark, 1 point. A goal may be thrown but not kicked from within the goal area (a 20 by 40-foot rectangle in front of the goal).

4. Basket and captain ball combination.

5. *High-low Ball* (by Naismith). A football variation, the object being to make a kick from the field over the crossbars, using a soccer ball. A ball below the hips must be played by the feet, above that by the hands, arms, head or body. A player catching the ball may run, pass, or kick (no forward pass), and tackling may be done only above the hips. On a "down" the carrier and attacker "foot" the ball into play, the others being 10 feet away. After a free kick for goal or when the ball crosses the end line it is put into play by a kick from the 20-yard line, others 10 feet away. After a field goal kick the losers put it into play at center. Out of bounds play is kicked in by opponents. Fouls are: to hold, push; rough play, wrong play above or below the hips, and gives the opponents a free kick or pass from that spot, others 10 feet away. A drop kick or punt over the crossbar scores 3 points. A carry-over is brought out to the 20-yard line for a free drop kick, scoring 1 point.

6. *Field Ball* (by Burnett). A combination of soccer, hockey, and basketball. Field and goals like soccer. A "striking" hockey circle of 15-yards radius and a scoring circle are marked in front of the goal. The game is started as in soccer and penalties also as in soccer. The ball is played and guarded as in woman's basketball when inside the scoring circle but out of it a guard must remain 15 feet away. After a goal or end-out play the goal keeper has a free throw from the scoring circle. Goals score 2 points from outside and 1 point from inside the scoring circle. A throw over the crossbars scores 1 point for the defenders.

7. *Speed Ball* (by Mitchell). A soccer football game with some basketball features. The field is 300 yards long, 160 wide, with a 10-yard goal-zone back of the goal line. Lines are marked across the field at 5 and at 20 yards from the goals, and at center and at 5 yards each side of it. A 34-foot area is marked to the 20-yard line (penalty area). The free-kick mark is marked 12 yards in front of the goal. The goal posts are 20 feet high, 24 feet apart, with a crossbar 8 feet high. The kick-off is as in soccer. Any kicked ball that goes above the hips may be caught and

then kicked or else thrown. Soccer rules apply to balls that are below the hips and basketball for high balls played with the hands and also side out play. A player may kick a low ball so that it goes high and then catch it. A fly kicked ball may not be kicked. An end line touch-back is thrown or kicked in by the defenders. A held ball is put into play by "footing" (placed on the ground between the outside of two opponents' feet). If a ball is held inside the 5-yard end line, it is footed into play on the line.

Scoring: 3 points for kicking the ball under the cross bar; 2 points for a forward pass thrown from back of the 5-yard line and caught by a teammate back of the goal line; 1 point for a drop kick that goes over the crossbar; 1 point for a penalty kick that goes under the crossbar.

Personal fouls are, as in basketball, allowing a penalty kick. If made in own penalty area the opponents get two free (penalty) kicks. Technical fouls in own penalty area give one free kick. If outside the area, a free kick is given on the spot.

8. *Basket and Bat Ball.* Use a basketball court inside which is an indoor baseball diamond. The players in baseball formation, bat a pitched volley ball with the hand and then run continuously around the bases. The fielders must throw the ball to a teammate near the second-base basket, who throws it into the basket as often as he can before the runner gets home, scoring 1 point for each basket made.

9. *Ball in the Air.* Each team has a volley or basketball. Teams score a point by keeping the ball in the air the longest time by striking it with hands, kicking, or heading it.

10. *Throw-Kick-Hit.* Bases are in a circle formation with one player on each. X at the center throws or kicks a volley ball to hit any player, who may dodge, but must keep one foot on the base. Players may change bases but may be hit then also. A player hit becomes X.

11. *All Target Hit.* Hit an object placed in any position either by throw, bat, slide, kick, or blowing.

12. *Club or Stick Down.* Set up two clubs or sticks 2 inches farther apart than the diameter of the thrown ball, then from a distant line throw, kick, slide or shoot a ball between them.

13. *Lodge It.* Mark a ruled rectangle on the walk or table. Either toss, roll, bat or kick a disk, coin, or button so as to lodge in one of the smaller rectangles. Draw a head there. In the next round try to lodge in the same space and then draw a body under the head, etc., until a complete figure is drawn. Whoever completes a figure reserves that space, and the most spaces reserved wins.

14. *Push Ball.* A large team game; the object is to push a 6-foot inflated ball across the opponents' end line or goal. The field is 120 by 50 yards, goal posts 20 feet apart, crossbar 7 feet high. The ball starts at center; five players line up on the 40-yard line, 4 on the 20, and 2 are goal keepers. At the signal players rush the ball and push or carry it forward under the goal bar. A ball out of bounds on the side is brought

in 25 feet, and opposing teams line up for a rush 20 yards away. Extreme rough play is a foul penalized by 10 yards or a free flying rush at the ball. In scoring, a push under the crossbar, 3 points; over the bar, 8 points; over the end line not at goal, 2 points (the ball is placed on the 50-yard line for a free rush, the opponents lining up 10 yards back).

This game can be played mounted.

15. *Cage Ball* (by Angell). Somewhat similar to push ball except that the ball is half as large and the goal is a horizontal net 3 by 10 feet, placed 7 feet high.

16. *Water Polo.* The object in this game is for teams while swimming to touch the goal with the held ball or hit it from beyond the 15-foot line by throwing. The tank is 60 to 75 feet long and 20 to 40 feet wide and 6 feet deep. Cross lines are marked at center and 4, 15, and 20 feet from the ends, the latter marking the goal zone. The goal is a board 4 by 1½ feet, fastened to the end of the tank, 1 foot high. The ball is of white rubber 7 to 8 inches in diameter and seven eighths inflated. Teams of six players. Time, two halves of 8 minutes each. At the start teams line up in the water at their tank-end and the ball is placed at center by means of a ringed pole-end. After a goal teams line up as before and the goal keeper of the losing side puts the ball into play by passing it out of the goal area. Inside its goal zone a player may not hold the ball longer than 10 seconds. In an out-of-bounds play the defending goal man has the ball within the 4-foot line, the opponents are on the 15-foot line. The ball must be kept near the surface, but if a player is forced under, he may swim with it under for 8 feet. A player is considered out of play while holding the tank wall for support. Only three defense players are allowed inside the 4-foot line until the ball is in it. A ball carrier may be tackled or anyone within 4 feet of the ball or anyone within the 4-foot zone.

Personal fouls permit a free unguarded throw at goal from the 15-foot line, scoring 1 point if made. They are (*a*) tackling anyone not within 4 feet of the ball, (*b*) delaying game, (*c*) holding or striking, (*d*) holding anyone under 10 seconds, except the ball carrier, (*e*) roughness, (*f*) abusive language, (*g*) questioning a decision.

Technical fouls are (*a*) crossing the 4-foot line before the ball, (*b*) holding on the side of the tank during a scrimmage, (*c*) tackling a player by his costume, (*d*) swimming under with ball over 8 feet, (*e*) three false starts on the line-up, (*f*) four in the 4-foot area without the ball in, (*g*) holding ball under water, (*h*) artificial support, (*i*) going under water when not tackled. The penalty is as in personal fouls. Excessive roughness suspends or disqualifies a player, but a substitute may be put in. Scoring: Touch goal with ball, 5 points; throw and hit, 3 points; foul free throw made, 1 point (Spalding's Rules).

17. *Slippery Ball.* A slippery ball or greased watermelon is placed in the water and at a signal contestants in pairs try to bring it to shore or other goal.

DIVISION 3. COMBAT SPORTS AND PLAY

Analysis of the Elements:

A. *How to combat:* (*a*) pull or push opponent with any part of the body or with objects, (*b*) move some part of his anatomy, (*c*) lift him or some part of him, (*d*) dismount him, (*e*) floor him, (*f*) strike him with hands or something held in hands, as swatter or foils, (*g*) capture and hold him personally or with some object (lasso, inner tubes), (*h*) shoot him or it with popgun, blowpipe, sling, etc., (*i*) discover him.

B. *What to combat:* Persons, animals, objects in motion.

C. *How many act together:* Two or more.

D. *Formation of the players:* Line, file, circle, or other geometric pattern, irregularly.

E. *Bodily positions to take:* Stand, knees bent, kneel, on hands and knees, sit, lie, leaning support, balance on hands, head, or elbows, mounted on objects (persons, boxes, barrels, canoe, ice, etc.), arms or legs in various positions.

F. *Part of body used:* Any single member or all.

G. *Handicaps that may be used:* Bind arms or legs, blindfolded.

Note: By uniting various elements of the above analysis a great many combat sports may be devised. A few are given below:

Total List 46. Wrestling Variations

1. *Both Shoulders Down.* This is the "catch-as-catch-can" wrestling of all professional and amateur wrestling bouts. Both of the opponent's shoulder blades must be held to the mat for several seconds to constitute a "down" (Fig. 189). In professional matches any hold may be used.

Amateur rules: (1) Contestants are classed by weight: 112 pounds or less, flyweight; 118 or less, bantam; 126 or less, feather; 135 or less, light; 147 or less, welter; 160 or less, middle; 175 or less, light-heavy; over 175, heavy. (2) The mat is 16 feet square and two inches thick. (3) Preliminary bout, 6 minutes; final, 9 minutes, but a fall ends a bout. (4) The following things are not allowed: Striking, gouging, butting, strangling, any dangerous or painful hold, as the double Nelson, strangle, flying mare with palms up, toe hold with twist, scissors on head or body, hammer and arm or foot up the back with a bar. (5) Points are scored as follows: Aggressiveness on feet, 1; aggressiveness on the mat, 2; bringing opponent to mat or getting on top, 5; getting out from under and up on feet, 2; getting on top, 5; bringing his knees to mat, 5. (6) Books: Cann and Hastings' *Manual of Wrestling.*

2. *Floor-touch Wrestling.* The object here is to cause the opponent to touch the mat with anything but the feet. Any of the following holds may be used: (1) Square—stand face to face, grasping each other's upper arms. (2) Side hold—stand side by side with near arm about him and

the free arm holding his other hand. (3) Collar and elbow hold—put your right hand on the back of his neck and grasp his left elbow with the left hand. (4) Seize any hold. Tripping is allowed with any of these holds. (5) Grasp waist belt with left hand and a left leg belt with right hand. Both kneeling. A down is to touch floor with anything but knees and feet (Korean, Fig. 190).

3. *Lift Wrestle.* The object is to lift him so that both feet are off the floor, using the following holds: (1) Face to face, with your right arm over his left and about the waist, the left arm under his right and about his waist; (2) Stand back to back with both elbows linked with his; (3) Seize any hold (Fig. 191).

4. *Unmount Him.* (1) X on hands and knees, Z sits on his back; X tries to unmount Z without wrestling or rolling. (2) Sit on your pal's shoulders and try to unmount the top one of another pair. (3) Mounted on boxes (or chairs, barrels, canoes, astride a spar, etc.), unmount him with hands, feet, padded pole, lasso, swatter, etc. (tilt). (4) Two opponents stand on the same log in water or on land and try to dislodge each other by rolling the log (burling).

5. *Upset Wrestling.* (1) Opponents sit facing, hands and feet not touching the floor. Push him over with feet or cause him to put hands down (Fig. 192). (2) Opponents sit facing, feet on the floor and own hands clasped under own thighs. Get a foot under his and upset him (Fig. 193). (3) Assume a bent-knee position, grasping each of your shins with the opposite hand (a stick may be held by elbows back of knees). Try to upset opponent by pushing with shoulders. (4) Balance on hands with knees supported on the backs of the upper arms (Fig. 126). Upset opponent by (*a*) pushing with head or shoulders, (*b*) rope held in mouth or attached to waists. (5) Stand on head and push opponent over with feet. (6) Opponents lie supine facing opposite and with near elbows linked. Both raise near legs, lock heels, and try to roll each other over backward (Fig. 194).

Total List 47. Pushing and Pulling Combat

1. Opponents sit facing, legs straight, soles of feet touching, grasping each other's hands. Pull to stand.

2. Opponents grasp one or both hands, hop on one foot and try to make each put the other foot down.

3. Cause opponent to move either foot by (*a*) both balancing on one foot and striking the other's palm; (*b*) on one foot grasp one or both of opponent's hands, pull and push; (*c*) assume the stride-stand, right hands grasped, right foot against his, pull and push hand wrestle (Fig. 195); (*d*) stand right side to right side, right elbows linked, left hand across own back and grasping his, pull with left (Fig. 196).

4. Pull opponent over a line or out of a large circle, individually, by (*a*) grasping one or both of his hands or arms (Fig. 195), (*b*) rope

attached to waists, (*c*) face each other on hands and knees and with a belt around the necks, (*d*) knees bent, holding a rope or heavy elastic band, (*e*) in the back leaning support (Fig. 12-b) with strap around shoulders, (*f*) on hands and knees facing away, rope around waists or hold it, (*g*) face each other and catch as catch can.

5. Two opponents grasp a third person (standing, seated or mounted) and pull him over a line.

6. Push opponent out of a circle or cause him to move a foot or to put a raised foot down by (*a*) folding arms and pushing with shoulders, (*b*) grasping own ankles and pushing with shoulders, (*c*) catch as catch can, (*d*) on hands and feet, facing down or up, (*e*) a rope tied around one foot of each (Fig. 197); (*f*) A is on one foot, B stands with feet spread. A tries to move B's foot while B tries to get A's foot down; (*g*) both hold an auto tire.

7. Players seated in circle around an upright log or rigid person that they push over. It scores against him on whom or to the right of whom it falls.

8. Strength Contests. (1) X places fingertips together front of chest but not touching it; Z grasps X's wrists and tries to pull his fingertips apart. (2) X places one hand on his head; Z grasps X's wrist and tries to lift X's hand from his head. (3) X holds his arm rigid at side horizontal. Z grasps X's wrist with one hand and his elbow with the other and tries to bend X's elbow (Fig. 198). (4) Opponents face and grasp a wand overhead, then bring the arms downward and cause the wand to turn in the opponent's grasp. (5) Opponents interlock fingers of the right hand and try to bend each other's wrist backward (Fig. 199). (6) Right elbows of opponents are against each other's on a table, grasping hands, belt, or ring; pull hand toward you or press it to left. (7) Stand back to back, elbows linked; bend sideward or forward (Fig. 200). (8) Stand back to back, elbows linked, one leg flexed with sole of foot against that of the opponent's; push backward with the foot. (9) Sit facing, legs straight, X's feet inside Z's; X tries to spread his feet against Z's resistance. (10) Twist stick out of opponent's grasp. (11) Sit facing, back braced, knees bent and feet sole to sole; straighten legs. (12) Stand back to back, arms at side horizontal and grasping a band or ring; pull arms forward. (13) Stand facing, a band around an ankle of each; pull foot backward. (14) Rope pull, holding it with hands or around waist or over shoulders. (15) Single pole push. Use a stout pole and hold it with (*a*) one hand, (*b*) both, (*c*) facing, (*d*) facing away, (*e*) through hole in a post (Fig. 201). (16) Kneel at arms' length; grasp opponent's hand and pull.

9. *Team Pulling and Pushing:* (1) Team rope pull, held variously. (2) At a signal teams run and seize a rope and pull. (3) *Standard rope-pulling rules* (tug of war): (*a*) With cleats: Cleats are 22 by 6 by 4 inches, bolted on edge to a baseboard and set 6½ feet apart. The rope

is three-strand, 4½ inches around, without knots, and no mechanical device for holding it; but, leather shields, gloves, and adhesive substances are allowed. The anchor man of the team (rear one) may wear a belt up to 20 pounds in weight. The rope may be wound around the anchor man's body, but only one turn. Time is 5 minute bouts with 10 minutes' rest. A team wins in any case if it gets 3 feet of opponents' rope; five-men teams. (*b*) Without cleats: 4-inch rope without knots and long enough to allow for a 12-foot pull and 12 feet slack and 4 feet for each man. A center tape and a side tape 6 feet each side of center, and lines on the ground in the same places. The anchor man must not tie nor cross the rope end. No one shall willfully touch the ground with anything but the feet, no holes for feet, no special shoes, no gloves, nor adhesive substance. The pull is won if opponents go beyond the center line or if their side tape is pulled over the center. Any equal number of men to a team.

(4) *Team line pull over.* Opposing teams face over a dividing line and try to pull any over by hand grasp or seize any way.

(5) *Circle pull.* All clasp hands in a circle. Try to pull anyone so that he steps on a marked circle on the ground or knocks over clubs or sticks placed a foot apart at the center.

(6) *Team hopping shoulder push* (Fig. 202). (*a*) All, or only two opponents, in a large circle, each tries to push others out. (*b*) Team goals, 30 feet apart, try to hop into their goal. Eliminated if free foot touches the floor. (*c*) Mark several concentric or adjacent circles or squares and as each player is forced into one of these he competes with those who are in it.

(7) Both feet down and shoulder push, out of a circle or across a line.

(8) *Goal capture.* One team guards a 30-foot circle, the other team tries to enter it. A 10-foot combat area surrounds the circle. Captures are made pulling or pushing opponents out of this area.

(9) *Break through.* Two teams alternately try to break through each other's line of clasped hands.

10. *Thrust and Touch Him:* (1) Foil fencing (see Spalding's *Fencing*). (2) Arm thrust. Fence with the arm only, holding it straight and grasp a soft ball, padded stick, or chalked pad.

11. *Water Tug of War:* (1) Pull over a ditch or puddle, standing on land. (2) Run a stream of water from hose between the teams. (3) Team or individual pull while swimming.

Total List 48. Boxing and Swatting

1. *Boxing Tournament Rules:* (1) The class weights are the same as in wrestling (see List 46). (2) Six-ounce gloves for those under 160 pounds, 8-ounce for those above 160 pounds. (3) Scoring: Attack—direct clean hits above the belt with the knuckles. Defense—guard, slip,

duck, counter hit, getaway. If the score is equal, it goes to the one who leads off most. (4) Three rounds of 3 minutes each constitutes a match. (5) Books: Hutchinson's *Boxing;* Clark's *How to Box;* Jacomb's *Boxing for Beginners.*

2. Punch the striking bag. (For technic see Spalding's *How to Punch the Bag.*)

3. Box or swat while in a sack or barrel or in a bottomless barrel suspended from the shoulders by straps. (A swatter is made by stuffing a sock with curled hair or other soft material.)

4. Box or swat with one hand or kneeling or in bent-knee position; or legs bound or one arm bound to a leg or mounted on boxes, chairs, skates, castor cart; or on someone's shoulders, or suspended by ropes from overhead, or sitting astride a bar, limb, or spar; or on ice or other slippery surface.

5. Hat sparring. Try to knock opponent's hat off.

6. *Blindfold Swatting and Boxing:* (1) Two blindfolded in a guarded circle (Fig. 203). (2) Several pairs at the same time. (3) X blinded, Z not blinded tags X, who in turn tries to hit Z. (4) Two blindfolded swatters on hands and knees with swatter in one hand and holding to something with the other and try to swat each other. (5) A rope is attached to the belts of two boxers or swatters. (6) Kneeling or mounted blindfolded box or swat.

7. Each player is numbered; the leader calls any number and the others have 10 seconds in which to swat the owner.

8. A ball is thrown or passed among players in a circle; whoever misses it is chased and pummeled around the circle by the thrower, who has picked up a swatter from the circle.

9. *Swat Around.* Players form in a circle with hands extended back. Y walks around the outside and places the swatter into anyone's hands (X). X then chases and swats his own right-hand neighbor (Z) around the circle, or anyone else designated beforehand.

10. *Hand-slap Games:* (1) Z extends his palms; X holds his hand 3 inches above Z's palm and tries to slap it with his. (2) Z holds a ruler on his extended palm, X seizes the ruler and tries to hit Z's palm (only one blow allowed). (3) X and Z stand facing with right feet touching; each tries to overbalance the other by slapping his hands. (4) Three players (X, Y, Z) stand with feet spread and touching, in a line (Y in the middle); X and Z hold a hand up ready to slap Y's hat off as Y buzzes in their ears and suddenly slaps the palm of either (the signal to slap). (5) Z bends and closes eyes; X spanks him with his palm; Z opens his eyes and guesses who slapped him, or Z may be required to walk between two lines of players.

11. *Swat Joke.* Two players lie prone side by side within a circle of players. One (X), unknown to the other, has a swatter with which he

shrewdly hits the other (Z), who imagines that someone in the circle hit him whom he is to guess.

12. Players stand shoulder to shoulder in a circle and keep passing a swatter from hand to hand back of them; anyone may hit X (within the circle), who guesses who hit him.

13. Each member of two opposing teams has a swatter and tries to capture opponents by swatting them.

14. *Foot Boxing* (French style).

15. *Jiu Jitsu.* See Jacomb's *Practical Self-Defense,* or Spalding's *Jiu Jitsu.*

Total List 49. Hunt and Capture Games and Play

Analytical Table of Elements:

A. *The number of persons on a team:* One or more.

B. *What to capture:* (*a*) Persons, (*b*) objects attached to or guarded by opponents, (*c*) objects, (*d*) animals, birds, insects, etc.

C. *How to capture:* (*a*) Hold by hands or objects held in the hands (lasso, net, rope, inner tube, etc.); (*b*) hunt animals or objects; (*c*) tag games; (*d*) sense test play (hide and seek, etc.).

D. *Formation of players:* line, file, circle, pairs, or scattered.

E. *How to move:* run, walk, forward, backward, sideward, stride, cross-legged, bent knees—any way.

F. *Handicaps:* (*a*) Blindfolded; (*b*) bind or fetter arm or leg; (*c*) carry something with hands, on back, by the legs, etc.; (*d*) mounted on objects.

Note.—By uniting the various elements above in various ways a great number of combinations are possible, some of which are given below:

1. *Capture and hold opponents.* (1) Each one has a goal and tries to capture by means of the arms, lasso, rope, net, rope hoop, or inner tube. If anyone is thus lassoed, he is considered captured.

(2) Teams capture and carry opponents to their own goal. Several may capture one. Prisoners may be released by own team if tagged by a teammate.

(3) Capture Opponents' Scout. A scout of each team is stationed in opposite directions a half mile or more from home base, and he tries to get home without being captured bodily by the opponents, who may come within 100 yards of home but no closer.

(4) Capture the Bearer. The Z team starts from a distance and tries to bring some object to the home base. The X team tries to capture the one opponent who is carrying the object.

(5) Capture and Captain Touch. Each one tries to capture and hold an opponent until the team captain comes and touches the prisoner, who then must submit to imprisonment.

(6) Capture the Signaler. Both teams at home base. A Z signaler

is located at a distance, whose teammates try to get to him without being tagged by the X team. The X team also tries to capture the signaler.

(7) Blindfold Capture. Each of two opponents or teams is blindfolded and tries to capture and hold the other for a given time. Compare the combined weight of those captured.

(8) Capture opponents who are defending an elevated position or some structure.

(9) Members of each team grasp hands and in a given time try to encircle any other team or individual unattached players.

(10) In-a-Sack Capture. Each one is in a sack and tries to get a jiu jitsu hold on opponent's arm.

(11) Capture opponent by grasping his foot or feet.

2. *Get-it Games.* The objective is to get possession of some stated object: (1) Circle ball pass. X inside the circle of players (Z) tries to get the ball (beanbag, rope, quoit, etc.) that the Z's pass about, (*a*) any direction, (*b*) in one direction, (*c*) in any prescribed manner, such as, one bounce, from chest, overhead, backward, between legs; (2) Z's are in stride stand and X tries to throw the ball between their spread legs.

3. Two teams try to keep the ball from each other by throwing it to each other. They run about as they please.

4. *Snatch-it Games.* Each player has a cloth attached to his arm, head, belt, or back which opponents try to snatch: (1) Individually each tries to snatch the most in a given time. (2) One against many. Each has several cloths attached to himself. There is only one X, the others being Z's. If X can snatch five of Z's cloths, he wins. The Z's must snatch all of X's cloths to win. (3) Z team tries to bring to home base (outdoors) some heavy object and is intercepted by the X team, each team snatching opponents' hats or cloths. (4) Opposing teams snatch opponents' cloths in a given time. (5) One team defends some object (flag, bowl, emblem, etc.) as the other team tries to get it.

5. *Hunt and capture animals.* (1) Hunt and fish. (2) Capture with hands a hen, dog, pig (greased or not), fish in a tank, etc. (3) Lasso cattle. (4) Trap wild animals. (5) Net insects.

6. *Hunt Hidden Objects.* (1) Hunt hidden things (bits of paper, coins, grains, buttons, etc.) either blindfolded or not, either individually or by teams. Contestants may be required to be handicapped, pick up the object in a given manner, require only a given member of the team to pick it up after anyone on his team has discovered it (call him by yell or a stated animal call).

(2) Circle Pass-it Hunt. X inside the circle tries to discover who has the object that is being passed around in any required manner, as ring on a string, or pass it back or pass several things, only one being the required one.

(3) Sound Direction Hunt. The searcher (X) is directed to the vicinity of the hidden object by the force of sound made by a musician,

whistle blower, counter, tapping floor with stick, etc.; the nearer he is the louder the sound.

(4) Team Pass-it Guess. Teams in line, facing. Team Z pass the object from hand to hand until stop signal, then X team guess who has it. Hands may be placed on a table or held in any required manner.

7. *Outdoor Tracking.* Two X's get 10 minutes' start and drop paper along the way. The Z's follow and gather the paper; the one who has the most wins.

8. *Hunt and Fetch* Nature Objects. The leader names the object or objects. Each collects as many as he can in a given time.

9. *Treasure Hunt.* The leader plants something at a distance, then writes out several routes to it, a different one for each person or team. These may be in code. Each route may have several stops, where the next step of the route is found written or posted.

Total List 50. Detect Persons Games (Hide-and-Seek)

The object in this kind of play is to discover hidden opponents—to capture them by seeing them.

1. *I Spy.* X at home base closes eyes and counts up to 100, then hunts the Z's who have hidden. As soon as he discovers a Z he calls his name, then runs and touches home base. If Z touches it first, he is free. X must find all of the players. The first one spied becomes X in the next round.

2. *Stop or Go I Spy.* The only difference from the above is that X counts to 10 and then says "Stop" or "Go" (or any other of two oppositional words, as "Green light" or "Red light"). If it is "Stop," then any Z spied moving must come back to the base. If it is "Go," they continue to hide.

3. *Throw Stick I Spy.* A stick leaned against anything is the base. The only difference from the above is that if any Z succeeds in getting home before X does, he may throw the stick as far as he likes. This frees all captives and all hide again while X recovers and replaces the stick before he can hunt the Z's. (A can or ball may be used instead of a stick, which may be kicked. Then again, the method of throwing may be limited by agreement, such as throw backward overhead.)

4. *Sardines* (Find and Hide). In this there is only one Z (hider) to start with; the others are all X's at home base. As each X discovers Z he quietly hides with him until all have found him. The first finder becomes the hider next time.

5. *I Spy the Mover.* The Z's form in line. Ten paces in front X stands with his back to them. The Z's try to get up in line with X without being observed moving. Those caught moving must return. X counts up to 10 before looking, repeatedly. Last up is next X.

6. *Team I Spy.* Z team hides, X team hunts. The captain of Z team accompanies the X team and tells his own team when to break for the goal.

7. Teams go by different routes to the same goal at a distance trying to avoid being seen by the opponents.

8. *Stalking.* X hides. The Z's try to get as near to X as possible without being seen by him. Each Z is eliminated when discovered. The Z to get nearest to X becomes X next time.

9. *Blindfolded Hunt Games.* X is blindfolded at a base. The Z's scatter until X calls "Halt"; then each Z in turn tells X how many steps he will give him (X) to find him (Z).

Total List 51. Tag Games

Analysis of the Elements Included in Tag Games:

A. *What to play on:* Ground, floor, slippery or irregular surfaces, water, etc.

B. *The formation* of the players at the start or to maintain: Line, file, circle, mass.

C. *Position to start with:* Stand, sit, kneel, lie, knees bent.

D. *Attitude to hold:* Erect, bent, arms folded, at vertical or bound front or back.

E. *How to go:* Forward, backward, sideward, cross leg, sideward heel and toe, kneel, run, hop, skip, gallop, jump, crawl, all fours, tumble, mounted (on rocker shoes, cart, kiddy kar, pogo stick, skates, in sack or barrel.

F. *What act makes one X:* (*a*) Call your number, (*b*) touch an object belonging to a player, (*c*) toss up a marked object, (*d*) leader or X indicates by some motion, voice, or position.

G. *What act starts the play:* Call, count-off, tease, tickle, dare, knock on X's goal.

H. *Handicaps:* Blindfolded, fettered, part bound, carry something.

I. *Penalties* for being tagged: Eliminated, becomes an ally, or forfeits.

Note.—By uniting the above elements in various combinations the number of tag games that are possible is very great. The following are some samples:

1. *Never-safe Tag.* This is the ordinary tag in which anyone may be tagged by X at any time, who then becomes X.

(1) Restrictions may be put upon body positions, attitudes, method of getting about, etc., such as run, cross step, side step, run kneeling, hands and feet, hop with hand holding a foot, jump, on hands and feet, roll, on skates, carts, rollers, in a sack or barrel, on castor boards, pogo sticks, bent-knee squat, swim tag, canoe tag, for example, X in canoe has bamboo fishpole with which he touches other canoeists or their equipment, or he may throw a water base ball at them or into their canoe.

(2) Leader or X throws a ball to any Z, who, if he misses it, becomes X and chases the others.

(3) One Z in the circle. A ball is passed about. Z tags anyone who has the ball, who becomes X and chases Z.

(4) Z throws a soft ball at anyone, who becomes X if he is hit.

(5) All are numbered. Leader calls any number, who becomes X.

(6) To decide which of two players becomes X toss up a coin. If there are six players, toss up a marked cube.

(7) Ask any reasonable question of anyone, and if he cannot answer in ten seconds, he becomes X.

(8) Each does some required knack (head balance, one leg squat, backward roll, sing, quote, etc.) and if he fails he becomes X.

(9) Count-off or recite some simple rime, the one who finishes it becomes X. Do not rehash such age-old rimes as "Eeny, meeny, miny mo." Use any school yells, simple modern rimes, proverbs, or make up some original ones.

(10) *Follow tag.* Z runs, then the leader tells X when to follow Z's course. When the leader signals, Z returns to him.

(11) Leader secretly places small object (button, stone, seed, etc.) in anyone's hand (Z). At signal he is chased by all and tries to give the object to the leader before they catch him.

2. How to start tag games. Some samples: Z's dare X to chase them by taunting, tickling, kicking his foot, throwing something light at him, stepping into his goal, rapping or scratching on the base, snatching some of his things, assuming a given attitude, pinching or pressing of the hand, imitating an animal call, etc.

3. *Know-it Tag.* Z stands 30 feet in front of a line of players and asks something verbally or by hand or flag signal. All who know the answer, jump, step, hop, or roll once. This is repeated until Z gives some given sign, upon which they all chase him.

4. *Hiding Tag.* Z hides all X's but one (X-1), who first finds all his mates and then all chase Z.

5. *Handicap and Restriction Tag Games.* (1) X must hold a hand on the spot he has been tagged.

(2) X must hold some attitude; for example, hands behind.

(3) X must tag the Z's in a given place (arm, foot, etc.).

(4) All turn around once or oftener as anyone is tagged.

(5) All carry a given article in a given way.

(6) X must follow Z's course in trying to tag him, over, around, or through obstacles.

(7) Diagram Tag. Any design is marked on the ground, and both X and Z's must not step off these lines. (Designs of squares, circles, wheels, spider web, spirals, etc.); for example, Fox and Geese.

(8) X and Z's are blindfolded.

(9) Inside a circle of players X is blindfolded; Z is not. X calls and Z must reply.

(10) Z's clasp hands in a circle with X inside blindfolded. X tries to tag any. The Z's must not break their hold.

(11) X, blindfolded, counts up to ten while the Z's scatter. X tries to tag and identify any Z, who must remain on their spots or may move one or two steps, as agreed upon.

(12) Z's put some article they possess (cap, kerchief, etc.) on the ground. X blindfolded picks up any article, takes off his blind and chases the owner.

(13) Attach tag. As the Z's are tagged they join hands with X.

(14) All players are in pairs and either clasp hands, lock arms, back to back arm lock (Fig. 60), near legs bound.

(15) All on hands and feet facing up, tag with a foot (Fig. 12-b).

(16) Bull in Ring (Break out tag). (*a*) Z inside the circle tries to get out over or under the X's arms, then they give chase; (*b*) Z must in this break the grasp of any two and all chase; (*c*) only the two whose grasp is broken give chase.

(17) Hare and Hound Chase (Time handicap team chase). One team (Z's) or two or three chosen runners are given several minutes in which to chase cross-country dropping paper or chalking arrows every little way to lay a trail. The X's follow and try to catch the Z's before they return to the start. At night the Z's may carry and flash a flashlight every few seconds.

(18) Guard Tag Games. (*a*) Tag the last in file: The Z's are in lock-step file. X tries to tag the rear person in the file while the others try to prevent him by interference.

(*b*) Circle Interference Tag: Z is inside and X outside the circle. The circle players (Y) grasp hands, assist Z and try to obstruct X's progress.

(*c*) Streets and Alleys (Changing Lanes Tag): The Y's are in open-order formation with arms at side horizontal. X chases Z through the lanes thus formed. The leader frequently commands the Y's to "right face" or "left face," thus changing the lanes.

(*d*) Individual Guard Tag: One or more Z's, each has a guard who protects him by shouldering the attacking X's.

(*e*) One-X Interference Tag: One, two, or three guards are chosen to interfere with X by shouldering, holding, holding a rope, etc. In a variation of this the guards may touch X in a designated spot; then X must go back to his base before he can tag again.

(*f*) File formation holding about the waists, the front man (X) tries to tag the last man (Z); or the front half of the file oppose the last half, or two opposing file teams try to touch each other's rear man.

(*g*) Ward-off Tag: Require X to tag with the right hand only. One Z at a time may grasp and hold this arm for a time to prevent X from tagging him.

(*h*) Shield-guard Tag: Each Z carries a shield or padded pole-end with which to ward off X.

(*i*) Chalk-and-swat Tag: X carries a piece of chalk to chalk the Z's, whereas the Z's carry swatters to defend themselves.

(*j*) Swatter Tag: Each carries a swatter for attack or defense.

Total List 52. Safe Goal Tag Games

In this kind of tag game the Z's are safe when they are in certain places previously agreed upon. All base tags are safe-base tag games.

1. *Individual Safe-base Tag.* Agree upon any of the following kinds of bases which if they (Z's) occupy or touch they are safe: wood, stone, metal, cloth, live things, leaves, cracks in a walk, gym apparatus, water, trees, any stated color, persons (hold hands, lock arms, back to back, mounted), etc.

2. *Taunt-X Tag.* X is in a goal. The Z's approach and taunt, tease, tempt, call or otherwise dare X to chase them to a distant home base.

3. *Call Tag.* X calls the names of two or three players and then chases them to a stated goal.

4. *Hop-slap Tag.* All hop. If X puts the other foot down, the Z's may do the same and chase and pummel him back to his goal. X's allies are not allowed to come out while X is returning.

5. *Individual Change-base Tag.* Each Z has a base. The Z's change bases with each other as they please and X tries to tag any, or throw a soft ball. X may sometimes call for the Z's to change.

6. *Hidden-X Tag.* X hides. When Z's approach X chases them.

7. *Guard-him Tag.* One player (Y) holds one end of a rope, X the other end. The Z's try to slap Y and X tries to tag them.

8. *Venture-into-base Tag.* X is in a large circular base; each Z is in a small base adjoining X's, into which they venture and are chased (Fig. 204).

9. *Diagram Tag.* Any shaped diagram may be marked on the ground; for example, a checkerboard pattern. The players must keep on certain spaces or lines, but safe bases are marked here and there.

10. *Guard-goal Tag.* A 10-foot base. The Z's are at a distance. When X, near the base, calls, the Z's try to get to the base.

11. *Circle-tag Games.* Use circle races of List 20 as tag games.

12. *Pom-Pom Pull Away* (Change-bases Tag). Two lines 30 feet apart. The Z's cross from line to line and are tagged by X. If any Z is tagged or starts at the wrong time, he becomes X's ally. Any variation may be made, such as: (1) X must call before the Z's may cross. (2) All must cross at the signal. (3) Some may be on each line or all may be required to run in the same direction. (4) X may call only one or more to come over at a time. (5) The X's may be required to clasp hands and the ends only doing the tagging.

13. *Duck on rock* (Displace-it Tag). Each player has a small object (ball, beanbag, can, block of wood, or stone). X places his block on a larger object (box, filled ball, rock, stool). The Z's stand on a line 20 feet

away and take turns in throwing at X's block. If they miss it, they may try to pick up their block and run to home base and may be tagged by X and thus eliminated. If X's block is displaced, he must replace it before tagging. Home base may be anywhere beyond a 20-foot radius circle.

14. *Displace-him Tag.* This is any tag game in which Z becomes safe by assuming a designated position with relation to the other players (Y's) so that one of them becomes the new Z, such as:

(1) The Y's stand in pairs in file formation (2 deep) either in a circle or promiscuously; if Z stands in front of any pair, he is safe and the rear Y becomes Z. X may chase Z anywhere or may be restricted to run around the outside of the circle. The first is the faster play (Three-deep tag). See p. 9 explaining X, Y, and Z.

(2) Individually the Y's stand anywhere or in a circle. If Z stops in front of any Y (or back or side or touches him or assumes any other prescribed position with relation to him), he is safe and the Y becomes Z.

(3) The Y's stand in pairs, facing and holding hands. Z is safe if he ducks in between them. The one toward whom Z has his back becomes the new Z.

(4) The Y's stand in pairs with one arm locked and the other held akimbo. If Z locks arms with one of them, the other becomes Z (Fig. 205).

(5) The Y's sit singly in school desks. If Z sits down beside any Y, he becomes Z.

(6) The Y's stand in pairs in file, the rear one holding the front one around the waist. If Z stops in front of any pair, the front Y seizes him about the waist and the rear Y becomes Z, but to avoid this he may try to prevent Z from being grasped by whirling the front Y about.

(7) The Y's are in file. X tries to tag the front one (Z), who is safe when he gets to the rear of the file; thus the next front file Y becomes the new Z. See p. 9 explaining X, Y, and Z.

15. *Team-slap Hand Tag.* Teams X and Z stand on base lines 20 feet apart. They take turns in approaching the opponents, slapping their extended hands, and being chased by them to their goal.

16. *Team-yell Tag.* Team base lines 20 feet apart. Teams stand facing away and take turns to sneak up behind the opponents and yell or do any other prescribed act as a signal to be chased to their goal.

17. *Snatch-it Tag.* Objects (cloths, beanbags, balls, etc.) are placed on the ground or on other objects midway between the team bases. Teams try to snatch these objects and return to their base without being tagged by opponents.

18. *Chase-to-base Tag.* Two teams line up facing each other two yards apart. (1) The leader calls which team is to be chased to its base line. (2) The leader tosses up a coin or marked board between the lines, and whichever team's side is up is chased to base.

19. *Team-march Tag.* (1) At command of the leader the teams take turns in marching toward the opponents' goal, and at another command being chased back to goal. (2) Both teams march forward together; the leader calls which is to be chased.

20. A circle of mixed players with one couple at the center. Z (a man) touches any girl (X). X then chases Z around the center pair and returns to the circle. If safe X repeats it, etc. If Z is tagged, he takes the center man's place, who goes into line. Then it is X's turn to touch a man and be chased.

21. *Successive-goal Tag.* Bases are marked out in succession and are several feet apart. Members of the X team are stationed between the bases. The Z team try to get safely from base to base in succession.

22. *Forage Tag.* Each team has property (sticks, stones, balls, etc.) in a marked circle which they guard and in turn try to get some of their opponents' objects without being tagged.

23. *Running-file Team Tag.* Team X run down the center of the street in file 15 feet apart. The Z team must cross the street between these running X's who try to tag them.

24. *Ante Over* (Throw-it-over Tag). A team is on each side of a barn, shed, wall, etc. Z team throws a soft ball over and then tries to get safely to X's side of the barn before the X's catch the ball and tag them or hit them with the ball.

25. *Prison-base Tag Games.* (1) Two opposing teams have bases and prisons marked. They venture out and tag and thus make prisoners of their opponents, or they may take a prisoner if they can get into the opponents' base or prison without being tagged. If one is tagged by two opponents, he is eliminated. Usually you may not tag an opponent unless you have left your base last, but unless there is strict umpiring there is much disputing as to who left his base last. It is better to have large goals some distance apart and permit tagging any time, or have two adjacent areas, capture being done only on the home area.

(2) Flag and Prisoners Capture: Each of two teams has a row of flags or cloth and each tries to get the other's and avoid being tagged on the opponents' territory. Otherwise as above.

(3) X has a goal, and when he tags any Z, he takes him home and annexes him. On the way the other Z's may hit X with their swatters. The remaining Z's may then tell the X's how they (X's) must capture them (Z's); for example, by holding hands and inclosing any Z with them.

26. *Circle Tag.* X is within a circle of players (Z's). Any Z may leave his place and touch X and then run to his place before X tags him.

Total List 53. Safe Attitude or Action Tag Games

The principle involved here is that the pursued player (Z) is safe

when he assumes a predetermined attitude or does some stated action, such as:

1. *Attitude Safe Tag.* (1) Z is safe when he is in any attitude agreed upon beforehand, such as, kneeling, lying, sitting, knee-bend rest, grasp nose or ear with the arm under a leg, stand on one foot, leaning rest, forehead to the ground, etc. (A glance at the drawings will suggest other positions.) If Z's hold their positions too long, X may take three steps away, and then the Z who is stationary must take at least three steps too.

(2) X stands facing away on a line. The Z's are back of him about 10 feet. Two at a time try to cross X's line and join hands or assume any other prescribed attitude; X may not chase them until they have crossed his line.

(3) X hides, and when any Z finds him he (X) chases him; he must run at least ten steps before he may take a safe attitude.

(4) Two teams are named or numbered and stand mixed. The leader calls the name of either, who thereupon are chased by the others. They are safe only if they assume some prescribed position with relation to some other object or teammate; for example, foot against a tree and hands up, or back to back with arms horizontal, or mounted on another's back and holding arms up, hands on the floor and feet up high on the wall, etc., without a limit.

(5) A circle of Z's recite or sing a simple rime; at the finish of it X tries to tag any Z before he can take a stated attitude (full knee-bend, on all fours, hold someone's foot, etc.).

2. *Action Safe Tag.* In which the Z's are safe when they are doing some stated action—as roll, dance, sing, laugh, jump, spin, etc., such as:

(1) Z's carry balls. To be safe any two Z's must stand 2 yards apart and keep two balls passing rapidly between them. If they drop a ball, they may be tagged.

(2) Z is inside a circle of players and hands something to anyone, who thereupon becomes X and must place the object in the center of the circle before chasing Z. Z is safe if he can touch the object at center.

(3) *Cross Tag.* If another Z passes between X and the Z he is chasing, X must chase the new Z.

(4) X may tag anyone not smiling, singing, dancing a certain step, reciting a poem, yelling, etc.

(5) Each individual in a circle is numbered. The leader tells a story, and when he mentions any number, that one tries to turn around before X touches him.

(6) Z and a leader face a line of players. Z whispers a number (color, flower, animal, etc.) to the leader. Whoever guesses the right number becomes X and chases Z. If he tags him, both try to touch the leader first.

(7) Z carries a hat (cap, beanbag, cloth, etc.), and must be chased by

X. To be safe Z may place the article on the head (shoulder, extended palm, bent back, raised foot, etc.) of anyone else, who then becomes Z.

(8) Each Z has a ball which he throws at a target. All who miss it may be tagged by X. If any Z can get one of the balls and hit the target from the given line, he is safe.

Total List 54. Senses Test Play

Here are listed actions that test the acuteness of the senses.

1. *Sight Tests.* (1) Judge the height or weight of persons and near-by objects.

(2) Judge the length and breadth of objects.

(3) Look straight forward and tell what objects are to your right and left.

(4) Mark a square or other simple design on the board. Each one then cuts out a paper design that will fit it.

(5) Who can see the farthest.

(6) Recognize persons or objects seen through irregular glass or reflected from a distorted mirror.

(7) Have each try to place several objects in a row according to their weight.

(8) Each in turn either bats, kicks, or "heads" a soft ball for any distance and then must guess the distance.

(9) *Observation trip.* Outdoors each one goes in a different direction and makes a list of what he sees, steps on, touches, smells, hears. The best list in the time limit wins.

(10) *Stalking.* Outdoors all scatter a half mile, watch and note every act of X, who is stationed on an eminence. If X sees anyone, he is out.

2. *Hearing Tests.* (1) Measure how far each can hear the tick of a watch, placed behind or to the side (each ear separately).

(2) Blindfolded, find a ticking clock.

(3) Blindfolded, guess who spoke, sang, made a noise, touched you, or has hold of the other end of a stick, etc.

(4) Shells or twigs are scattered about on the floor. X is blindfolded and the Z's move about. If X hears any noise, he points in that direction, and if he points at a Z, that one is out.

(5) X is out of the room. Z's decide on some action for him to do. X enters and a musician directs him by the force of the music.

3. *Feeling Tests.* (1) Objects are covered or placed in a bag. Reach in or feel from the outside and guess what it is.

(2) Two persons blindfolded and 10 feet apart walk toward each other and shake hands.

(3) A blindfolded person guesses who someone is by feeling of his face with fingers or with some object; such, for example, as a spoon.

4. *Taste and Smell Tests.* Blindfolded, tell what various objects and

substances are by taste or smell (salt, sugar, pepper, mustard, vanilla, tea, fruit, etc.).

5. *Combination Tests.* With various articles in dishes, each person makes a list after testing with any of the senses.

6. *Location Sense Tests.* (1) Walk blindfolded between, or in and out among objects (chairs, trees, etc.).

(2) Blindfolded, touch or hit something: (*a*) suspended bag of candy or nuts; (*b*) thrust a stick through a ring, tire, hoop; (*c*) roll ball between feet of one or more persons in the circle or line; (*d*) punt kick a football against a wall; (*e*) mounted on a box, joust with an opponent.

DIVISION 4—PHYSICAL ENDURANCE TESTS

Physical endurance may be tested by any of the foregoing play activities, performing them for the longest time or for an extended length of time. There is, however, little value or attraction in such competition, especially in long races and strength competitions. No well-informed director will promote such grueling contests as Marathon races, cross-continent walks, long rowing matches, all-day races, etc., even though there are many unwise individuals who will enter them. Especially should there be care in play for children and youths; even such a simple thing as a contest in rope skipping for time or the greatest number of counts is likely to result in serious harm.

Fortunately, there is no pleasure in long grinds, either for contestant or spectators, and this fact serves as a natural check to such contests. But there are a few minor endurance tests that are not harmful and that may be used informally or in programs.

Total List 55. Minor Endurance Play

1. *Attitude Holding.* Maintain any attitude as long or longer than others can, as (*a*) hold a weight with one finger, (*b*) hold a weight in one hand with the arm held horizontally (Fig. 100), (*c*) stand, sit, or lie holding one thigh flexed (Fig. 4), either without or with weight attached, (*d*) stand or lie on the right side holding the left thigh abducted (spread) free from the floor, (*e*) stand on the left leg with the right thigh abducted (spread) and the trunk bent to the left (Fig. 142-b), (*f*) stand on the right leg with the left thigh extended and the trunk bent forward (Fig. 142-a), (*g*) hold the full knee-bent position either one or both legs (Figs. 84 and 95-b), (*h*) hold the half or full lever in the hanging or support positions (Figs. 96 to 99), (*i*) hold the front leaning support on palms or fingers, and with the arms straight or bent (Fig. 83), (*j*) front hang (Fig. 91-a), (*k*) back hang (Fig. 206), (*l*) toe hang by toes, (*m*) heel hang, (*n*) bent-arm hang (Fig. 91-b).

2. Climb hand over hand up a long rope or pole.

3. Hop repeatedly over a low obstacle.

4. Walk on heels or toes for a stated time.
5. Outsing or talk others.
6. Count, read, recite, or sing longest on one breath.

DIVISION 5. PERSONAL CAPACITY TESTS

Total List 56. Bodily Size

1. *Body Measurements:* (*a*) height, (*b*) weight, (*c*) girth of head, neck, chest, biceps, waist, thigh, calf, chest expansion, (*d*) length of fingers, arms, trunk, legs, (*e*) measure the widest smile, smallest hands, feet, ears, length of finger nails, nose, width between eyes, etc.

2. *Comparisons:* Comparing arm reach, finger spread, leg spread, reach for height or distance. Do these either against the wall, on the floor, or person to person.

3. *Holding Capacity.* (1) Put hand into a dish of any small articles and see how many can be held in the hand (grain, buttons, balls, etc.).

(2) Same, holding them on the back of the hand.

(3) Hold as many as possible between any two fingers or between all of them.

(4) Measure a mouthful or handful of water.

(5) Measure the lung capacity with a spirometer.

Note.—The above can be used well as team-measurement contests. Capacity eating and drinking feats should not be used, since they are very unhygienic.

DIVISION 6. OUTINGS

Total List 57. Outing Pleasures

1. *Hiking.* (*a*) Afoot, (*b*) on snowshoes or skiis.
2. *Coasting.* (*a*) Sleds, (*b*) bobs, (*c*) toboggans, (*d*) vehicles.
3. *Camping.*
4. *Excursions* (train, boat, automobile).
5. *Traveling.*
6. *Hunting, fishing, and trapping.*
7. *Nature Study.*
8. *Camera Hunting.*
9. *Foraging* (collecting specimens of nature).
10. *Pleasure swimming and basking.*
11. *Exploring.*

PART II. MENTAL RECREATION

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DIVISION 1. MEMORY

Total List 58. Memory Tests

These tests require a wide range of knowledge, such as are expected in the misnamed "intelligence tests," so common now.

Games based upon such tests should be chosen with reference to the education of the group; no one likes to show his ignorance; therefore, games of this kind are not popular.

Questions may be obtained from memory-test books, books of knowledge, textbooks on any subject desired. Questions of general knowledge are best selected from history, biography, geography, animals, birds, trees, flowers, affairs of the day, but memory tests are best used in club work to stimulate a study of the subject in hand, whatever it may be. Books on so-called "Intelligence Tests" are good and may be bought anywhere.

In conducting such tests one may use the oral or written quiz and score (*a*) by advancing in line, as in a spelling match, (*b*) eliminating those who fail, or requiring a penalty, and (*c*) in team games, annexing the losers.

The following are sample questions and subjects:

1. Some well-known facts in the lives of well-known persons, such as, birthplace, parents, schooling, favorite play, chief distinction, weaknesses, etc.
2. Laws that everyone should know; as, for example, inheritance, traffic, real estate, etiquette, etc.
3. How to make a will.
4. Good sportsmanship rules.
5. Best fiction books for various ages.
6. List of popular sayings in a given time.
7. Make a list of names of musical numbers as they are played.
8. Birds that soar or swim or have hook beaks, etc.
9. Animals that climb, sleep hanging, have horns, or some other fact.
10. Names of cities that begin with the same letter, and how known.
11. Poets, writers, artists, actors of the day.
12. Names of religions, sects, hymns, Bible questions, etc.
13. Political parties, platforms, and theories of government.
14. Flowers of a given size, shape, color, or odor.
15. Edibles that grow in a given place or that have given qualities.
16. Make a list of true and false historical statements and get them to make corrections.
17. Recall great personages by giving their most characteristic trait.
18. Lists of books, cities, animals, etc., that have or have not certain letters.
19. Pass a variety of objects about, each to make a list.
20. Collect specimens of nature in a given time and make a list.
21. Words in which the vowels come in their regular order (a, e, i, o, u).
22. Words or sentences that spell the same backward as forward.
23. Look one minute at a tableful of objects, then make a list.
24. In a whisper pass a proverb or verse or statement down the line from one to another, then compare them. A variation of this is for each to add a short phrase aloud to the ones given him.
25. Each player of a small group is given the name of some animal, bird, or flower; two minutes are given for each to memorize them, then X closes his eyes while any two change places in line or circle; X then opens his eyes and tries to name the two "birds" who changed places.
26. *Finish the "Quote."* (*a*) The leader gives the first word or two of a poem or proverb, then asks the others to complete it; or (*b*) two opposing teams require this of each other, annexing the losers.
27. *Repeat and Add.* The leader gives a word, sentence, verse, or sound that each one in turn must repeat around the circle. The next time he adds a word, etc., until all have been eliminated by failure, or each adds a word, sentence, sound.

28. *Spelling Match.* (*a*) In line and move up as the losers go to the foot of the class; or (*b*) two teams oppose each other, each using a different list of words prepared beforehand by the leader.

29. Club or class information contests. Scout leaders, Bible-class teachers, etc., may often stimulate the group to study their subject by using contests. For scouting Smith's *Games* is excellent. A few samples are:

(1) Each member of two teams runs to a given place and signals the alphabet or a message to the judge.

(2) Give a limited time in which to collect nature specimens and list them.

(3) Treasure hunt, each team to go by different routes.

(4) Play any team game, and whoever makes an error or is "put out" (as in baseball) is not penalized if he can ask a subject question that the opponents cannot answer.

30. *Knowledge Race.* X stands at middle of floor and answers questions put to him. For each one he answers he steps forward. If he fails, he steps backward. The object is to get to the wall.

Total List 59. Curious Facts

A form of interesting information that has both play and educational value is a knowledge of some simple, unique physical experiments. They may be used as demonstrations or as contests between individuals or teams. They are especially useful in small social groups, such as dinner parties, evenings together, etc., to check uninteresting chatter and gossip and, at the same time, to present something that stimulates thought not beyond the simplest mentality. They require no manual dexterity such as is needed in sleight-of-hand, but can be done by anyone.

Additional information of this nature may be obtained from books on physics and such magazines as *Science and Invention, Popular Science,* etc. Samples follow:

1. *Floating Things.* (1) Float a needle by either placing it on water on a piece of tissue paper or lowering it suspended from two loops of thread, or by holding it horizontally close to the water and letting it drop, or by lowering it on a fork. By magnetizing it first and then floating it makes a good compass.

(2) Float sand. Put a teaspoonful of rather coarse sand into a tin baking dish and heat it to dry the sand thoroughly. Spread the sand at one edge of the dish, holding this end inclined upward. Gently pour water into the lower part of the dish, then tilt the dish easily so that the water covers part of the sand, and then incline it again carefully. Some sand will float.

(3) An egg floats in salt water and sinks in fresh. By having several glasses with varying degrees of saltness it acts differently in each.

(4) Make a wooden prism and paint half of it white and the other

half some other color. Floated in salt water the white is down; in fresh water it is up.

(5) Place matches on water. Touch the water with soap and the matches repel each other; touch it with sugar and they attract each other.

(6) Cut a calling card into fish shape. Cut out an eyehole and a narrow slit from it to the tail. Float it, then put a drop of oil in the eye and it will move forward (Fig. 207).

2. *Action of Water on Things.* (1) Bend a card, then drop water on the division line and the ends will rise.

(2) Bend a match and place it on the mouth of a bottle with a small coin on it. Wet the joint and the coin will drop into the bottle as the match ends spread (Fig. 208).

3. *Effect of Vibration.* (1) Cut a paper cross, all arms equal length, but one arm-end is pointed. Balance it on a needle stuck into a cork and put a tumbler over it. Rub the tumbler and the pointed arm will point there (Fig. 209).

(2) The same kind of cross without pointed end made large enough to lay over the tumbler opening and the ends turned down. Dampen and rub the tumbler and the card will move (Fig. 210).

(3) An inch-square piece of cardboard cut into an equal-armed cross (as in Fig. 209-a). Stick a pin through the center and into the end of a notched stick. Rub along the notches with a pencil and the cross will spin, the direction of which is determined by rubbing with the near or far end on the pencil (Fig. 211).

(4) Flick a very thin glass with a finger to make it ring, then bring it to the mouth and yell the same note into it and it will break.

4. *Strong Weak Things.* (1) Make two hoops of strong paper a foot long and an inch wide and hang each on the blade of a knife. Suspend a broom-stick on the lower part of the loops. Strike the stick a heavy blow at the middle and it will break (Fig. 212).

(2) Soak a string in a solution of salt or alum and let it dry. Suspend a light ring from it and burn the string. It holds.

(3) Put a needle through a cork so that it does not project. Rest the point end on a coin and drive it through the coin with a blow of a hammer.

(4) Cut glass under water with scissors.

5. *Air Suction.* (1) Rub a piece of heated paper between the arm and body a few times and it will adhere to the wall.

(2) Rub a card with a brush or silk and it will adhere to the hand or clothing or it will pick up bits of cork.

(3) Thrust a glass tube through a cork flush with the other side. Run a pin through a thin layer of cork or card and insert it in the tube. Blow through the other end of the tube and the thin layer will adhere to the big cork. A pin through a card inserted in a spool will do as well (Fig. 213).

(4) Take a board 30 by 8 by one half inches and place it on a table so that half of it projects off. Flatten several newspapers over the end that is on the table, then strike the projecting end with the fist to raise the paper, if possible (Fig. 214).

(5) Cup the palm over a full glass of water, then suddenly extend the fingers and the glass will adhere to the palm (Fig. 215).

(6) Place a card over a full glass of water, then invert it and it will not spill. If it is placed on a smooth surface, the card may be jerked from under without spilling (Fig. 216).

(7) Two glasses with tops together under water may be lifted out and set on end (Fig. 217).

(8) Place an inverted glass over a cork in the water, then press down and the water will not rise. By burning a piece of paper on the cork the water will rise (Fig. 218).

(9) Put vaseline on the rim of a glass. Burn some paper on a plate; place the inverted glass over the flame and on the plate and the plate can be lifted by the glass (Fig. 219).

(10) Burn methylated spirits in a bottle. When the flame has died down, place a hard-boiled egg or a pared banana on top and it will be sucked in (Fig. 220).

6. *Air Pressure and Currents.* (1) Place a lighted candle behind a bottle. Blow on the other side of the bottle and the light is extinguished (Fig. 221).

(2) Place a lighted candle in a jar and it will go out unless a card is inserted vertically into the opening so as to make two openings (Fig. 222).

(3) Deposit a small coin on a smooth table. Place the chin on the edge of the table and blow the coin into the open palm beyond (Fig. 223).

(4) Lay a bottle on its side and insert a small cork into the neck, then try to blow it all the way into the bottle.

(5) Put a cent piece into a V-shaped tumbler. Place a half-dollar piece in on top, then blow hard on the half dollar and the cent will fly out.

(6) Place a lighted candle on the head so that you can blow it out. Done by tilting head back and placing candle forward.

(7) Bend the ends of a visiting card. Place it on a smooth surface with turned ends down. Try to blow the card over (Fig. 224).

(8) Extinguish a lighted candle by blowing through the small end of a funnel, two feet away. It can be done only by pointing the cone edge at the flame (Fig. 225).

(9) Water-soap bubbles are best made by mixing some glycerin in the solution.

(10) Rosin bubbles may be blown by dipping a copper tube into melted rosin (a little above water boiling point), then hold vertical and blow.

7. *Objects That Balance.* (1) A pencil will balance on end if a pocket-knife is inserted on each side at the middle.

(2) A cup will balance on a pencil if a cork is inserted into the handle and a fork inserted into the cork, handle down (Fig. 227).

(3) Stick a pin through a pea, pith ball, etc. Put the pin end into one end of a small glass tube and blow gently from below. It balances in the air (Fig. 228).

(4) To put a hard-boiled egg in an upright position put it on a plate, make small horizontal circles with the plate, and the egg will stand on end (Fig. 243-a).

(5) Three ball bats, matches, or sticks, may be made into a flat tripod by crossing the knob ends (Fig. 229).

8. *Electric Attraction.* (1) A rubber comb or stick of sealing wax rubbed on wool or silk will pick up bits of paper.

(2) Small tissue-paper dolls dance if placed under a piece of glass and the glass rubbed with flannel.

(3) Cut out a small paper cross. Insert a needle into a cork, then balance the cross on the needle, and invert a tumbler over it. By rubbing the tumbler with flannel the cross spins (Fig. 209).

(4) Rub a glass rod with silk. Toss up a small piece of feather-down and bring the glass rod near it. At first the feather will be attracted, then repelled (Fig. 243-b).

9. *Miscellaneous.* (1) Place a running noose around the edge of a coin (quarter) and suspend it in a tumbler. Presently it will whirl, then stop, then swing like a pendulum striking the hour of day (Fig. 230).

(2) Insert a key into a book with the loop outside and fasten it in place by rubber bands around the book. Hold the book suspended on fingertips under each side of the loop and it will turn to right or left at will (Fig. 231).

(3) Put a rubber band around an egg lengthways. Hook a wire under the band at the small end, hold it up, twist the egg around several times and let go; if fresh, it stops; if spoiled, it spins (Fig. 232).

(4) Place a small coin in the palm and try to brush it out (Fig. 233).

(5) Cut strips of paper lengthways after having twisted them one or more times and pasted the ends together. The result differs with the number of twists made.

(6) Insert a bent pin through a rubber band and revolve it between the fingers. The pin looks like glass.

(7) Pass a half-dollar coin through a hole in a paper the size of a quarter coin without tearing, by folding the paper across the hole and inserting the coin between the folds (Fig. 234).

(8) Light a candle, then blow it out. Touch a lighted match to the smoke 3 inches above the candle and it will relight (Fig. 242).

(9) Insert a glass tube through a cork and put into a bottle of water —the top end is first heated in a flame and drawn to a point and broken

off. Now blow down into the water through the small end and the pressure will force the water out (Fig. 235).

(10) Partly fill a pail of water. Take it by the handle and swing it round and round without spilling.

(11) Rest a glass of water on the right palm and grasp the lower part with the fingers. Make a full left circle of the arm without spilling the water (Fig. 236).

(12) Place two matches on the tablecloth and a coin between them. Invert a tumbler and place it on the matches. Now scratch the tablecloth with a finger nail and the coin will come out (Fig. 237).

(13) Weight a candle so that the top of it will be at the surface of the water. It will continue to burn until burned away.

(14) Stand in a narrow doorway and press the back of the hands strongly against the door jambs for a minute, then allow the arms to hang limp and they will involuntarily rise (Fig. 238).

(15) Cut the inside of an apple in two without cutting the skin by sewing around with thread and needle just under the skin, then take the ends and pull.

(16) Place a photo of two persons with the same view in a stereoscope and a composite photo results.

(17) Cut a bottle in two by filling it partly with lubricating oil and put a hot poker into it.

(18) Put a coin into a bowl of water. Now, while looking at the coin just over the edge of the bowl, dip some of the water out and the coin will disappear.

(19) Place a one-cent piece on a tennis ball within a 3-inch circle. Bowl another ball and try to dislodge the coin outside the circle.

(20) Fill a small bottle with water. Grasp the neck firmly with the first and second fingers of the left hand and force a cork into the bottle with the right thumb and the bottle will burst.

(21) Hold a spoon by placing the forefinger into the bowl of the spoon and the thumb on the end of the handle.

(22) For other material of this kind see Sam Loyd's *Tricks and Puzzles,* and also any popular magazines of science.

Total List 60. Mental Alertness Play

This includes the elements of shrewdness, deception, etc., and their solution.

1. *Trading.* (1) Write a different number on each card and give one card and ten stones (or bits of paper, straws, toothpicks, etc.) to each player. Decide which shall be the lucky number. Then try to get the lucky number or the most stones by trading.

(2) Give each player ten stones and decide upon certain taboo words that must not be used in talking. Try to get anyone to use a taboo word

and he must forfeit a stone, the object being to get as many stones as possible in a given time.

2. *Name Discovery.* Write a historical name on each card and pin one on each player's back. He tries to find out whose name he has by the incidental remarks of the others.

3. *Thought Reading.* Guess numbers they have in mind. (1) Select any number, then double it, divide by 2, subtract the original number. Always results in number 3.

(2) Take an even number, multiply by 3, divide by 2, multiply by 3, then ask how many times 9 will "go into it"; double this, and it gives the answer.

(3) Take any number, double it, add 6, divide by 2, multiply by 4, then ask the resulting number, divide this by 2, subtract 6, divide by 2; this gives the answer.

(4) Take any number below 1,000 whose last digit is smaller than the first, reverse the digits and subtract it from the other; reverse this and add it to the last number. Equals 1,098, always.

4. *Fake Thought Reading.* This is accomplished by means of a pal who is the leader of the group and who gives the cue to the "reader" (X) as previously agreed upon in secret:

(1) Who has it? (any object). Agreed that the pal shall give it to the person who last spoke before X withdrew, or who laughed; or the pal imitates the posture of the one who has it.

(2) The group select a letter. The pal gives X the letter by the initial of the first word that he uses in a remark he makes as X enters.

(3) The group select some trade. When the pal mentions a "profession" the next trade he mentions is the right one.

(4) The group select some object in the room. The pal must mention or touch a four-legged object just before the right one. Or he may give X the cue by any agreed attitude or posture he takes. Or the pal touches various objects and asks "Is it *this?*" When he touches the right object he asks, "Is it *that?*"

(5) The group select some simple thing for X to do. Pal gives X the cue by a remark the initials of the words spelling the act, for example, "smile"—*S*tanding *m*ighty *i*dle, *l*ittle *E*ddie. Or the consonants are the initials of spoken words and the vowels are the number of fingers held extended.

5. *Magic* (sleight-of-hand). Book list: Rush and Winslow's *Modern Aladdins and Their Magic;* Thurston's *200 More Tricks That You Can Do;* Dutton's *Miracle Mongers and Their Methods;* Macmillan's *History of Magic* (Vols. I and II); Sam Loyd's *Tricks and Puzzles;* Carrigan's *Boys' Book of Magic;* Collins' *Magical Experiments;* Hopkins' *Magic.*

6. *The Occult.* Consisting of spiritism, clairvoyance, palmistry, fortune telling, phrenology, mind reading, telepathy, etc., are doubtful kinds

of play, since so many simple-minded persons take them too seriously. They should be asked to read Houdini's *A Magician Among the Spirits* to get a sane point of view.

Total List 61. Speed and Correct Action Responses

The object is to respond quickly to sudden situations.

1. *Obey Sound, but Not Sight.* X commands the Z's to do an action, but himself does a different action. Whoever copies his action becomes X in his stead; for example, Simon says, "Thumbs up."

2. *Obey the Correct Command:* (1) Military manual. (2) Calisthenic movements. (3) Spin a plate and call a Z's number, or hold a stick on the floor vertically, call a name and take hand off. (4) The Z's follow X's command only when it is sensible; for example, X says, "Birds fly," at which all wave arms; but if X says, "Dogs fly," if anyone moves, he is penalized.

3. *Obey the Reverse Action.* Sit if X says "Stand," etc.

4. *Opposite Person Responds.* Form two lines facing. X names or points to anyone (Z) and the person just opposite Z must obey the command.

5. *Impersonation Responses.* (1) Each Z represents some animal, and as X talks or reads about animals and mentions any, that person must imitate the call. (2) Each Z represents some author, and when his author is mentioned by X that Z must reply by a quotation from his books or name something he wrote. (3) Each represents a flower, and when it is mentioned, he must draw it; or, if it is indirectly hinted at, he must mention his flower. (4) Each represents a famous musician, and when mentioned he must name something he wrote, sing or play some composition of his.

6. *Correct Action Imitation.* Pass something down a line of players and recite some formula, line, call, or quote. Each must hold and pass the object just as the leader did. The action, but not the talk, is what matters; this should not be told to the group.

7. *Change Impersonations.* Each one with his mouth imitates some musical instrument playing some popular air. When the leader changes his imitation to some other instrument, the others must also change at once, or only the one to whose part he changes to.

8. *Find Letters in a Pile.* Two opposing teams. Each player is given a letter from duplicate lists of letters on cards placed on the table. When the leader mentions some word, that number of persons as letters pick out the letters from the pile and form in line.

9. *Form the Sum.* Each person is given a number. The leader calls a larger number, and those whose numbers added equals that number get together. First wins.

10. *Subject-word Lists.* The leader calls a subject-word (flowers, trees, animals, etc.) and gives a time limit. Each makes a list of them

the initials of which are in the subject-word; for example, the subject is *"trees."* *T*horn, *t*amarack, *r*ed oak, *r*edbud, *e*lm, *e*vergreens, *s*pruce, *s*assafras, *s*ourwood, etc., may be listed).

11. *Verses, etc.* Form verses, sentences, or words: (1) Write a word of a verse on each card and pass out the cards, using several duplicates. The leader calls out a verse and the group whose words form that verse and who first line up in order are the winners. (2) Have the duplicate word lists for the different teams in different colors. (3) Form words: Pin letters on each (do not use letters J. K. Q. V. X. Z.); the leader calls a word and the owners form in line (use several duplicate letters). (4) Each has a letter and all are at liberty to form the longest word possible in a given time.

12. *Point and Act.* (1) X in a circle points at any Z, who must at once respond to an action agreed upon. (2) X calls, and all must do an agreed-upon act at once, or before X can say or do something agreed upon. (3) X says, "Raise knees," all respond. X then points at anyone who must do some act before X can say or do something else.

13. *Ad cuts.* Cut out several full-page ads from magazines and tear them in four irregular pieces and then distribute. At the signal the first ad to form wins. After that have the winners do some stunt (speech, sing, dance, etc.).

Total List 62. Quick Vocal Responses

The object is to make quick replies to given acts or words.

An Analysis of the Elements for Inventors' Use:

A. The stimulus used that calls for a response:

(*a*) Speech (a question, statement, command, etc.).

(*b*) A sound (a song, whistle, imitative noise).

(*c*) An act (pointing the finger, tossing something, etc.).

(*d*) A systematic order of play (progression, alternation, skip).

B. The response: Made by speech, song, whistle, or imitation.

C. Who responds:

(*a*) Whoever can do so first.

(*b*) Each in turn.

(*c*) Whoever X indicates by speech, sound or act.

Note.—To invent this kind of games unite any of the above elements as desired. Old and new samples follow:

1. *Alliterative Statement and Reason Pass-on.* For example: "I *a*mble because I am *a*ctive." "I love my love with an A because he is *a*lluring." "His name is *A*rthur and he lives in *A*ttica." Each in line must make a similar statement in a given time.

2. *Speed Alliteration Word Mention.* Two contestants retire. The group then selects some letter. The X X enter and are told the letter,

upon which each must mention or write as many words as he can that begin with that letter, within a time limit.

3. *Next-letter Alliteration.* No. 1 says, "My attic contains apples." No. 2 says, "My barn contains berries," etc.

4. *Given Initial Word Reply.* For example: The letters W D T are selected. Then X asks a question and Z must use words in reply that begin with W D T as, "Where is Jim?" Answer, "*W*ay *d*own *t*own."

5. *Last-Word Initial Reply.* Each in succession must in 10 seconds say a word—noun, group-word, etc.—that begins with the last letter of the word which the previous one gave; for example, ca*t, to*p, *p*in, ne*t, t*humb, etc.

6. *Formula pass-on.* Each in line must pass on a given formula or conversation. For example: The leader says, "I lost my purse and I think that Number Two has it." Immediately No. 2 replies, "I, sir?" Leader "Yes, you, sir." (No. 2) "No, sir, not I, sir." (Leader) "Who, then, sir?" (No. 2) "Number Seven, sir." Then No. 7 must deny it, etc., until someone fails to give the exact formula.

7. *Call a Subject-word,* respond with a specific word at once. For example, (1) Call, "fruit," reply, "peaches," etc. (2) Call, "air"; the reply must be some creature in the air, as "bat." Earth (dog). Water (perch).

8. *Repeat Name.* Each one is given a nickname. X then points at or throws a handkerchief at someone, who must recite his nickname before X can say it three times.

9. Recite or read a series of alliterative sentences in the briefest time. As, "Around the rough and rugged rock the ragged raskel ran." "Peter Piper picked a peck of prickly pears," etc.

10. Recite any simple verse or jingle and count in order after each word: as, "Mary, one, had, two, a, three, little, four, lamb, five," etc.

11. *First to Reply.* X calls a subject-word (flowers, fruit, etc.) and then a letter. The reply must give a sample with the given initial letter; for example, flowers, Z (zinnia).

12. *Given Response.* (1) X says, "Zippity zip" and points at Z, who must reply at once, "Zip"; but if X says anything else, Z must not reply. (2) X says, "I say, stoop," and Z must stoop, etc.

13. *Number Reply Move Up.* All line up and count off. No. 1 calls another number, for example, 5; 5 must at once call another or go to the foot of the line.

14. *Initials Reply.* (1) X asks Z a question. Z must reply with words beginning with the initials of his own name. (2) X says, "I saw something in the garden that begins with R," and points at someone, who must reply, "*R*ose," or "*R*adish," etc.

15. *Imitate Noises.* X says, "Bees"; Z must buzz, etc., or each is given a noise to imitate, and when the leader mentions anything that makes that noise he must respond with it.

16. *Untrue Reply.* X takes hold of his nose and says, "This is my ear." The next in line must take hold of his ear and say, "This is my neck," etc., until someone misses.

17. *A Given Sound* for a given number count. For example, Decide on a number and any multiple of it (say 3), and some sound (sneeze, cough, buzz, whistle, etc.), then count, "one, two, [sneeze], four, five, [sneeze]," etc.

18. *Neighbor Answers.* X asks Z a question and Z's right-hand neighbor must reply within 10 seconds.

19. A man tries to make a mock proposal to a girl while she tries to prevent him.

20. *Quick Call, Rid of All.* Two players, each has ten cards numbered alike and held face down. The object is to get as many of his cards as possible, as follows: Both at same time put a card face up on the table. If the number is alike, the first one who gives a given yell (animal call, jingle, etc.) gets the other's card. If either yells on a different number, he forfeits it.

21. *Quick-Reply Baseball.* Chairs are placed in base and fielding positions for the out team and a row of them for the team at bat. Count as in eighteen (above) first by the fielders and then by the team at bat. If a fielder makes a mistake, a batter advances a base. If a batter makes a mistake, the batter up is out.

22. *Add a Letter* but do not finish a word. Players in line, the first one calls a letter, within 10 seconds the next one must add a letter that will not complete a common word. A fault goes to the foot of the line. Each must have a word in mind and may be challenged by anyone, and either is penalized if the other is at fault.

DIVISION 2. MENTAL CONTROL

Total List 63. Poise Tests

The object is to control the emotions or actions under stress.

1. X tries to cause a smile by his antics. Penalize the smiler.

2. The Z's all whistle. X tries to cause them to stop by antics.

3. Each is told to do a humorous act (crow, bray, etc.). Any smiler is penalized.

4. Each one is given a "tongue-twister" to reply to any question asked of him without facial change.

5. *Calmness* Under Unexpected Happenings. (1) A sudden noise. (2) Appearance of a toy spider, mouse, jumping jack, etc.

6. Poise when tickled with a feather on the face, neck, ear, nose.

7. *Taste Poise.* Taste, without change of expression, a lemon, green persimmon, salt, pepper, alum, etc.

8. *Smell Poise.* Smell strong ammonia, perfume, smelling salts, strong cheese, etc., without wincing.

9. *Endurance.* Endure moderate pain without flinching. (1) Easy electric shock from a battery. (2) An insect bite. (3) A pin prick.

10. *Involuntary Motion.* (1) Patella (kneecap) tap. Cross the knees while sitting in a chair, then with the edge of the hand give a sharp rap on the tendon just below the kneecap and the leg will involuntarily kick (Fig. 239).

DIVISION 3. REASONING

Total List 64. Puzzles and Problems

1. *Chess.* See Mason's *Principles of Chess.* Each of two opposing players has sixteen carved or stamped objects ("pieces") that have different ways of moving and capturing similar pieces of the opponent. The game is played on a checkerboard diagram of sixty-four squares alternately colored black and white, the white starting at the lower right-hand corner.

(1) Names and positions of the pieces at the start: They are lined up on the back row, a castle (rook) in each corner, then a knight, then a bishop, and a king and queen on the remaining two squares, the king occupying a square of his own color. In front of each of these is a pawn (Fig. 240).

(2) Moves of the different pieces: (*a*) pawns. All pawns move forward one square at a time (except that the first move of each may be two squares). Pawns capture opponents diagonally one square, except that if he is in the fifth line he may take opponent's pawns either diagonally or sideward. If he gets into the opponent's back line, he can be changed into any other kind of a piece (usually a queen). (*b*) Castles move at right-angles any distance. (*c*) Knights move in L shape (1 square forward and 2 to side, or reverse) in any direction. (*d*) Bishops move diagonally any distance. (*e*) Queen moves in any straight line any direction. (*f*) King moves one square in any direction, except that once in a game when he is not "in check" and there are no other pieces between them the castle may be brought up to the king, and then the king placed on the opposite side of the castle (called "casteling").

(3) The object of the game: To place any piece so that it could in its next move occupy the opponent's king square. This puts that king in "check," who then must move out or interpose another piece between them. If this cannot be done, the king is "checkmated" (captured) and the game ends.

2. *Checkers* (draughts). (1) This is played on a checkerboard of sixty-four squares as used in chess. Each player has twelve checkers (wooden disks) all alike and all play alike. At the start the checkers are placed on the nearest black squares, starting with a black square on the

lower left-hand corner (Fig. 241). The checkers move one square forward and capture opponents on the next forward diagonal squares. If any checker gets safely into the opponent's back row, it is crowned "king" and may thereafter move one square in any direction diagonally.

(2) Four vs. One. Four whites in a row at one end and can move only forward and backward. One black is placed anywhere and can move in any direction.

3. *Three in a Row.* Make a rectangle divided into nine squares. X and Z alternately make a mark in a square trying to get three in a line and prevent the other from doing so (Fig. 244).

4. *Five in a Row.* X and Z each have five checkers and try to place them on a checker board five in a line.

5. Having three rows of four dots make five rows by changing two dots.

6. Make any number of equal rows of dots. X and Z with different colored pencils alternately make a line between any two dots trying to form a square (Fig. 246).

7. X and Z each place an equal number of dots at opposite ends of a paper and two focal dots are made at the bottom. Alternately draw lines from the focal point to the dots of the other player, thus eliminating them (Fig. 247).

8. Place words having an equal number of letters below each other so that a square of letters is formed and in which two words read twice (Fig. 248).

9. *Designs.* Lay matches, toothpicks, or sticks to form letters, designs, etc.:

(1) Make 9 squares with 24 matches, then remove 8 so as to form 2 squares (Fig. 249).

(2) Make 8 squares with 22 matches, then remove 6, leaving 4 squares (Fig. 245).

(3) Make 5 squares with 16 matches, replace 3 to make 4 squares (Fig. 250).

(4) Make 7 squares with 20 matches, replace 3 to make 5 squares (Fig. 251).

(5) Make 5 squares with 15 matches, remove 3 to make 3 squares (Fig. 252).

(6) Make 6 squares with 17 matches, remove 6 to make 3 squares (Fig. 253).

(7) With 6 matches make 4 equilateral triangles (Fig. 254).

(8) With 5 matches make 2 equilateral triangles (Fig. 255).

(9) Make 3 separate squares with 4 matches each. Place a fifth match in each (vertical, horizontal, and downward to right), then remove 6 and leave the word "TEN" (Fig. 256).

(10) Place 6 matches side by side in a row and a little apart, then add 5 more matches to make nine (the word "NINE").

(11) Make 4 separate squares with 4 matches each, then rearrange 3 matches to make the word "WOOD" (Fig. 258).

(12) With 8 matches in a row "jump" 2 each time to make 4 crosses.

(13) Arrange several matches so that they can be lifted by one (Fig. 259).

(14) Bend a match so that one prong is longer than the other. Put it on a knife-blade and touch the long prong repeatedly to the table and it will travel along the blade (Fig. 260).

10. *String Puzzles.* (1) Tie both ends of a string to form a loop, then twist it to form two smaller loops, placing a thumb over the twist, then cut both strings held between the thumbs and only one string remains.

(2) Stick a knife into a post. Loop a string around the post and over the knife so that when the knife is taken out the string falls off.

(3) Key and string puzzle.

(4) Finger string looping (cat's cradle).

11. Cut a square card into six angles and make various designs (human and animal outlines) with them (Fig. 282), or use any other shapes of paper.

12. *Shadow Guess.* Shadows of persons or objects are reflected on a screen and guess who or what they are.

13. *Kid Photos Guessing.* Adults bring together their youthful photos and conduct a guessing match.

14. Make a list of things seen on a coin.

15. Cut a Greek cross into four pieces and reform them to make a square (Fig. 283).

16. Place an object so that all but you can see it. On the head.

17. *Scissors.* Pass scissors to the next in line, saying, "I pass scissors crossed" (or uncrossed). Each must do the same. The "catch" in this is that you cross your feet, which should be done, but they must not be told beforehand.

18. *Puzzles.* Picture puzzles, mechanical puzzles, and code writing may be used in play programs.

19. *Quick Arithmetic.* (1) Three books on a shelf numbered I, II, III, each 1 inch thick. A worm starts at page 1, Vol I, and eats through to the last page of Vol. III. How many inches does he eat through? Only 1 inch. Arrange books and see by opening in place.

(2) Place three dice on a glass tray. Let someone add the dots on the undersides, subtract the sum of the top dots from twenty-one and it will be the sum of the under dots.

20. Make a block of numbers, ten in each direction. Connect numbers by straight lines of any given length to get the highest number.

21. *Cross-word Puzzles,* Scotchograms, etc.

22. *Reference Books:* Sam Loyd's *Puzzles.*

Total List 65. Riddles, Conundrums, Etc.

The object is to play on words. Old ones may be used but new ones may be easily made. The following are samples:

1. *How to Make Riddles.* Riddles are words with a double meaning. Choose any subject-work, such as, trees, flowers, dogs, etc. Then make a list of several specific things under any subject; for example, trees, (pine, fir, beech, maple, etc.). Then select any one and make a note of its qualities; for example, pine grows needles, has rough bark, is ever green and has pitch. Now, think of other things that have these same words; for example, a tailor also has needles, dogs bark, youth is green, a ball player pitches. Then form suitable questions. For example: (1) What tree is popular with tailors? Pine, because it has needles. (2) What tree is like fierce dogs? Pine, because it has a rough bark. (3) What tree is like a callow youth? Pine, because it is ever green. (4) What tree is like a ball player? Pine, because it is a great pitcher.

2. Offer a favor for the one who can make the most conundrums in a given time after having explained how it is done.

3. *Word-making Conundrums.* Have some word in mind (for example, boat); then state the initial letter, the number of letters, and something it does or is, such as, "B and three more letters is something that floats." The answer may be boat, ball, burr, bark, etc., so that a more distinctive statement must be made, for example, "B and three more letters is something that is useful in a flood."

4. *Same Syllable or Sound Word Conundrums.* Collect words that have the same prefixes or suffixes or root or have a similar sound. For example: What kind of a burr can you get the most kick out of? Burro. What kind of a burr is very hot? Burns. What kind of a burr does a rabbit like? Burrow. What kind of a vest makes a lot of money? Invest. In what ward can you enjoy your food the best? Inward—etc. The inventor has but to consult a dictionary to get words having similar syllables that are easily punned. A pun is the basis of a conundrum.

5. *Proper-name Conundrums.* Make a list of boys' or girls' names and puns are readily seen. For example: Bridget suggests a good name for a bridgemaker's wife, Peggy (shoemaker's), Ann Eliza (chemist's), etc. A good name for a man critic (Frank), an untidy husband (Amos), a barber (Harry), etc.

6. *Change-letters Riddles.* (1) Take short words that have the same consonants but different vowels and ask how to change one to the other. For example: How can I change my carriage for a piece of carpeting? By changing the "i" in "rig" to "u." Pig to a dog (pug). If you take the eye (I) out of a pig what have you? Blind pig.

(2) Change the consonants to form different words. For example: How to change a boat into butter? By changing "b" to "g" (goat). When is a good meal disliked? When someone changes the "d" in "dine"

to "f." If a bee (b) gets into oil, it makes it "boil," but if tea (t) gets in it makes hard work (toil).

7. *Compounding Words.* Take a noun that can be compounded and make as many as possible in a given time; for example, Box (wood box, box-wood, box-tree, box-berry, box-elder, etc.).

8. *Jumbled Sayings.* Divide into groups of from four to eight persons in each. Each group privately selects some well-known saying and each member is given a word of it. All the members of a team yell their words in unison and the others guess what it is. The following are some well-known sayings to have on hand if they cannot think of any: (1) Enough is as good as a feast. (2) A rolling stone gathers no moss. (3) A stitch in time saves nine. (4) A friend in need is a friend indeed. (5) A bird in the hand is worth two in the bush. (6) A penny saved is a penny earned. (7) Willful waste makes woeful want. (8) One swallow does not make a spring. (9) Faint heart ne'er won fair lady. (10) Honesty is the best policy. (11) Strike while the iron is hot. (12) Make hay while the sun shines. (13) It is never too late to learn. (14) There's many a slip 'twixt the cup and the lip. (15) A bad penny always comes back. (16) He laughs best who laughs last.

Total List 66. Guessing Games

1. *Guessing.* Guess the number of seeds in an apple, orange, berry, the petals on a flower, buttons in a box, books in case, dishes in a sideboard, leaves in a book, designs in a carpet, etc.

2. *Picture Guess.* Post pictures, number them, each makes a list (authors, writers, musicians, statesmen, officials, inventors, famous women, fairy tales, ads, etc.).

3. *Time Guess.* Each one guesses the time it will take for any given event to happen (read a page, count 1,000, recite a poem, sing a song, do some act or several, etc.).

4. *Correct Dates.* Post a list of historical events and elsewhere a list of dates. Each is to connect dates with events.

5. *Funny Quiz.* Post ten questions. Each one answers them correctly but humorously, without signing name. Collect and redistribute. Judges decide on the best answers.

6. *Motion Answer.* The correct reply to questions to be accompanied by an appropriate action; for example, the answer about a mole must be given enigmatically with closing the eyes, the others to guess what is meant.

7. Put on display several articles. Each one writes a list of them and what each reminds him of.

8. *Word Guessing:* (1) The leader says something using some initial letters instead of some of the words; for example, "I went h—l—n and s—."

(2) "Guess what I see, something made of wood" (or iron, glass, etc.).

(3) Partners select a word that they will use often in their conversation. Each one who guesses it enters into their conversation.

(4) Initials guess. Select any class of famous persons (artists, writers, inventors, etc.) and under each class write the initials of several. Each player makes a list of the persons.

(5) Make a list of words whose letters are changed about. Each player makes a list of the correct words.

(6) Make a list of words using only the first and last letters with blank spaces for the other letters and the kind of word (its class). Each fills out the missing letters; for example, "a——e," fruit (apple).

(7) X asks, "What is my thought like?" Each one guesses. X tells what it was. Each one must then give a reason why his own word is all right. For example: X thinks of "cat," Z guesses "jar," and must then give some plausible connection, such as, "Your thought is like a jar because the cat's yowl jars on the nerves."

9. *Metaphor word guess.* For example: (1) What flower does a goat and a dish represent? (buttercup). (2) What magazine does a pile of examination papers represent? (Review of Reviews), etc.

10. *Word guess by asking questions.* (1) X has something in mind. Z's ask, "Is it ——?" Score points on the number of correct guesses.

(2) X goes out. The Z's select an object word. X enters and asks questions that can be answered by "Yes" or "No." Score the fewest questions asked to discover the word; or the Z's must use a given word instead of the right word in all their replies, or X may be limited to twenty questions.

(3) X goes out. The Z's select some object that has a double meaning; for example, pair, pear. X enters and asks, "How [when, where, why] do you like it?" and guesses the word by the replies the Z's give.

11. *Word discovery by acting.* (1) X imitates the noise of some creature (animal, insect); the first Z to guess right scores 1.

(2) X impersonates any person; the Z's guess and score.

(3) The Z's decide on someone whom X must impersonate when he enters. He must be told if the person is present or is living and what his occupation was.

(4) The letters of words are written on separate cards, each card also having the serial number of the word. At the signal all who have the same numbers get together, then decide what word their cards spell; then they must impersonate the word-object, either letter by letter (adjective acting) or the word as a whole.

(5) The Z's privately select a verb and tell the X's some word that rimes with it. The Z's act the word they think it is.

12. *Charades* (Word acting by syllables guess). Divide into groups,

each selects a word of several syllables and acts them in turn. Others guess the word.

13. *Proverb Guess:* (1) Each member of the team is given a word of the proverb. X tries by questions to find out each word. The replies given by each must have his word in it.

(2) Z makes a dot on paper of each letter of the words of a well-known saying; for example, Haste makes waste—. . . . . X tries to discover it. Z may be required to put the vowels where they belong.

Total List 67. Card and Check Games (Table Games)

These are often serviceable for certain social occasions, but since they, for the most part, require patented and commercialized equipment, and the rules come with the games, it is desirable to give here only a working list of them:

Checkers (Draughts). Sturges' *A Guide to the Game of Draughts* (List 64).

Chess. Mason's *Principles of Chess.* (See also List 63.)

Dominoes. Berkeley's *Dominoes.*

Playing cards. Hoyle's *Book of Games.*

Halma, Parchesi, Backgammon, Rook, Flinch, Pit, Lotto, Authors, Old Maid, Snap, Touring, Polyanna, Rolypoly, Bunco, Fractions, Flag Game, Famous Paintings, Peter Coddle, Fish Pond, Cribbage, Archerena, 57 Games, Crokinole, etc.

DIVISION 4. CREATIVE RECREATION

Total List 68. Arts and Crafts

1. *Drawing.* Draw some object or design. (1) Time limit drawing. Pose a person or object.

(2) Each to draw from memory any object, such as a five-pointed star, a circle the size of a coin, an equilateral triangle, a square, a face or figure, sketch and lettering for a poster, etc.

(3) Select a verb from one list and a noun from another. Draw it.

(4) Draw something while blindfolded or with back to easel.

(5) Write or draw reversed or upside down, then hold it up to a mirror and judge.

(6) Hold a white plate over a kerosene or camphor flame so that it is smoked, then draw on it with a stick.

(7) Paint a piece of glass black. When it is dry scratch a picture on it and reflect it on the wall. Light-struck photo films are also good.

(8) Scratch pictures or lettering on outside of watermelons, fungus growths from trees, etc.

(9) One person makes any queer line and another uses it as the basis for a drawing.

(10) Z makes five dots on the board or paper. X draws a figure, putting the hands, feet, and head on the dots.

(11) Tie chalk to a stick. Hold the stick in the mouth and draw or fasten it to the foot and draw.

(12) Tie chalk to the end of a long pole and draw.

(13) Hot-point drawing. Draw on wood with a heated piece of metal. Pyrographic outfits may be used.

(14) Each of the group draws a picture of a person or animal, folds it under, and passes it to the next in line, who draws a body of some kind and folds it; next draws legs, and the last one draws feet.

(15) Pair off, draw partners, and compare results.

(16) Write on glass by heating some paraffine on a piece of glass so as to form a coating. Scratch the picture on this with a metal point. Put some calcium floride in an old dish, add some sulphuric acid, and cover the dish with the glass, picture side down. The fumes will eat into the exposed design. Do it outdoors.

(17) Draw on paper with a brush dipped in a concentrated solution of potassium nitrate. Let it dry, then touch a flame to any part of the drawing and the design will be burned into the paper.

2. *Illustrating.* Illustrate proverbs, verses, songs, etc., by cutting and pasting suitable ad pictures.

3. *Ink Blot.* Make a blot of ink on paper. Lay another paper on it and press with a finger. Note the designs that result.

4. *Silhouettes.* Cut silhouettes out of paper with scissors.

5. *Shadows.* Reflect shadows on the wall with hands, figure, or made-up object.

6. *Modeling.* Model figures with wet sand, clay, soap, butter, lard, paraffine, gum, snow, pulped paper, etc., such as: (1) Carve figures from a cake of soap using a penknife and an orange stick as tools.

(2) Chew gum, then put it on a card, and model it with an orange stick dipped in oil so that it will not stick.

(3) Soak newspapers in water and make them into pulp. Add rice or flour paste and model with it while damp. Paint it when dry.

(4) Snow sculpture. Either figures or relief designs on rough surfaces (tree trunk, stucco, etc.).

(5) Make designs and pictures with colored sand, cloths, leaves, flowers, clay, etc.

7. *Figure Construction.* Construct figures with a few simple objects: (1) A pig by using a potato, some paper, and sticks.

(2) A spider by using a nutshell, strings, and ink spot.

(3) A rabbit with a handkerchief.

(4) A mouse with a gray glove, black-head pins, and string.

(5) Doll up a carrot to look like a person.

(6) Draw faces on eggs and dress them up with paper.

8. *Carving.* Carve designs on cardboard with a knife held at an acute angle.

9. Paste shells, buttons, pine cones, paper, etc., on a board to fashion some figure or design.

10. *Weaving.* Weave colored-paper strips in checkered patterns.

11. Weave reed or raffia baskets, beads on a hand loom, rugs on a loom, hook rug work, braided rug work, tapestry, etc.

12. *Loops.* Thread a long string into a darning needle. Run the needle through both strands, then pull one of the loops and a series of loops can be made.

13. *Knots and Cordage.* (See *Boy Scout Manual.*)

14. *Kite-Making.*

15. *Paper Objects.* (1) Artificial flowers. (2) Doll houses and furniture of cardboard. (3) Fold a square of paper into a triangle, trim, thread it to make a parachute. (4) Cut a sheet of paper 54 by 36 inches. Mark it lengthways into five strips, the middle one 12 inches wide and the others 6. Fold the outside strips back and the next ones forward. Then fold across in 1-inch pleats. This can be used to make many different forms (Fig. 284).

16. *Mechanics.* Tooling and embossing leather, paper, brass.

17. *Woodwork.* Whittling, toy-making, whistle-cutting, making bows and arrows, wood-carving, manual training.

18. *Metal work.* Iron molding and tooling, grill work, brass, copper, silver, gold-hammering.

19. *Dyeing and Batik.*

20. *Printing and Bookbinding.*

21. *Photography.*

22. *Knitting and Crocheting.*

23. *Cooking and Candy-making.*

24. *The Fine Arts.* (1) Illustrating and painting in oils, water colors, pen and ink. (2) Show cards and poster designing. (3) Illuminating. (4) Etching on copper, zinc, or steel plate. (5) Engraving on linoleum, wood, celluloid, and printing from them. (6) Lamp shade and fabric painting.

25. *Bibliography:* Harpers' *Handbooks for Boys and Girls. Arts and Crafts for Beginners,* by Sanford. *The Handcraft Book.*

Total List 69. Language and Literary Features

1. Write ten letters on a slip of paper and pass it on. The next player uses these letters as the initial letters in writing a telegram, question, direction, etc.

2. *Word-building.* Build words from words. Start with a two or three-lettered word, then add other letters to either end or form other words.

3. Make lists of words having the same syllable in a time limit.

4. Take away letters and leave others. (1) The first letters of words and leave other words, (such as, thigh, high). (2) Last letter (as took, too). (3) The first syllable (as per-son).

5. *Letter-changing.* Change the letters of a word about to make others (as "owl" to "low," "net" to "ten," "George Washington" to "No one was to get higher."

6. *Association Words.* The leader calls a word. Each one writes it, then the next thing it reminds him of, etc. Compare results.

7. *Discovering Words.* Discover the words in a paragraph that can be made by uniting the last letters of words to the first letter of the next word.

8. *Word Analysis.* Discover words of a given class or subject that are in other words of a list or sentence; for example, *trees—fir*mament, re*pine.*

9. Post a list of words of a given subject (as, flowers) changing the letters about. Each player tries to make a correct list within a time limit.

10. *Taboo.* Taboo letter in the answer; for example, "I do not like bees (b), what insect do I like?" The answer must not contain a "b."

11. *Sentence-Making.* From cuttings. Each group is given a newspaper from which they cut and paste words to form a paragraph, letter, telegram, etc. Time limit.

12. *Mixed Story.* Take a funny story from a newspaper and cut the sentences apart, jumble them, and then distribute. Then read the first sentence. Whoever thinks he has the next will follow, etc.

13. *Initial Answers.* The leader asks a number of questions. Each one writes the answer to each, using words that begin with his initials or any other letters agreed upon.

14. *Post pictures.* Each writes suitable titles to them. Compare.

15. *Progressive Story Telling.* (1) Players in a line. The first one starts a story. Each in turn adds to it. The leader may hand something to any player, who must weave his story about that thing.

(2) Designate any type of story (love, detective, etc.). Two teams oppose each other; the X's try to carry out a plot and the Z's another, as they alternately take up the tale.

16. *Story Writing.* Each writes a story of those present. Compare.

17. *Reversible Words.* Make a list of reversible words and use them in story or verse (deliver-reviled, wolf-flow, rail-liar, evil-live, level-level).

18. *Conundrums.* Make conundrums from chance words. Two persons call a different noun. X uses them to make a conundrum; for example, bicycle, fat boy. Why is a fat boy like a bicycle? Easily tired.

19. *Alliterative Sentence Forming.* (1) Each selects a letter and tries to see how many sentences he can write in a given time, each word beginning with that letter.

(2) See who can make the longest alliterative sentence.

20. *Tongue Twisters.* Each one makes up a "tongue twister." Compare.

21. *Producing a Newspaper.* Prepare a miniature newspaper at a social by assigning each one to prepare "copy." Read and score the results.

22. *Comparisons.* Make a list of old, worn-out comparisons, then each one tries to improve on them; for example, "As thin as *tin*" instead of "a *rail.*"

23. Each one writes something, using the letters of the alphabet in succession for the first letters of the words; for example, *A big cat decided early Friday*, etc.

24. *Riming and Verse Making.* (1) Make couplets on a given subject; for example, the subject, flowers.

"James and Jane were both too lazy,
Each to stoop and pick a daisy."

(2) *Alliterative Rimes.* As,

"A is for apple that everyone likes;
B is for boys that eat them on hikes,"

etc.

(3) *Question-and-answer Rimes.* As,

"What makes the morning hours bright?
It is the sun that makes them light."

(4) Post a list of riming words that are to be used in writing some verses. Compare results of the completed verses.

25. A list of books and papers for literary workers may be obtained through any library or the Authors' League of America, New York City.

26. *Story Telling.* (See Bailey's *For the Story Teller;* Shedlock's *The Art of the Story Teller.*)

Total List 70. Dramatics and Make-Believe

Make-believe is a natural and desirable form of play, but it is important for any leader to consider the effect on the actor of the part he plays, especially the young. The basis of modern education is character through doing. Instead of playing war, pirates, hunting Indians, etc., more thought should be given to dramatization in propaganda against real evils, such as, disease, alcohol, drugs, forces of nature, evil thoughts.

1. *Follow the Leader.* Each takes turns in leading the others in actions, songs, etc.; for example, plant seeds, fish, birds fly.

2. *Animal Imitation.* Each imitates an animal or person; the others guess.

3. *Pantomimes.* Fairy tales and Mother Goose pantomimes.

4. *Music.* Imitate musical instruments.

5. *Singing Games for Children.* (See Canfield's *Make-believe Play for Children.* Note adult character songs.)

6. "Shows." Puppet show, peep show, Punch and Judy.

7. *Ventriloquism.*

8. Quick change artist. Change appearance suddenly with a variety of costumes.

9. *Amateur Presentations.* Amateur plays, minstrel shows and circus.

10. *Stunt Features.* Divide the company into groups and assign each group to put on a group make-believe act. The following are samples:

(1) Imitate local characters. Usually the young try to imitate their elders (teachers, leaders, etc.).

(2) Burlesque a musical instrument, such as a talking machine. Build a rough imitation and have someone secreted inside who makes all the "music."

(3) Pantomime well-known ads and their slogans.

(4) Make up as pipes of a pipe organ which a musician plays.

(5) Exhibit freak of a side show and imitate the chatter.

(6) Pantomime "Going in swimming."

(7) Two-man Speech. B stands back of A, who holds his arms down and recites or makes a speech. B projects his arms under A's and does the gesticulating.

(8) Sing backward (back to audience) or upside down (back of a screen with shoes held in the hands and showing over the top).

(9) Burlesque an orator, political speaker, propagandist by reciting the alphabet, numbers, or some simple verses, and repeating them again and again, with various intonations and gestures.

(10) Imitate a musician's antics exaggerated (trombonist, hurdy-gurdy, violinist, pianist) or a bandmaster with an imaginary baton.

(11) Burlesque any trade, profession, or business; for example, a drill master, gym instructor, doctor, surgeon, barber, beauty specialist, auctioneer, salesman.

(12) Burlesque Sports: Shadow boxing, tennis player, baseball, football, basketball, etc., or pantomime them, having no equipment and no speech.

(13) Mock trial, congress, lodge meeting, etc., but be sure to have a brief time limit or this kind of a stunt becomes a bore.

(14) Drills and Steps. Make up and drill (march, actions, and dance drills). Make up as flowers, animals, various occupations, scarecrows, trees, dolls, tin soldiers, maids, dwarfs and giants, diggers, reapers, ice men, carpenters, teachers, waiters, etc.

(15) Group singing of old and new popular songs.

(16) Pantomime the titles of books and songs. Statuary, manikins, etc.

(17) Book of Stunts: Catherine Miller's *Stunt Night To-night.*

11. *Skits.* These are short one-act plays that play up only a single situation and are very popular for group stunts. Ingenuity and a little thought are all that are needed to work out the details of each situation. The number of situations that can be used is unlimited. Almost any human situation will be appropriate. Samples follow:

(1) How newly rich people act in "society," at the opera, museum, etc.

(2) A ride or trip in a car, train, ship, airplane, etc. Use either the entire family or the "old folks" or other burlesque types.

(3) The new minister, neighbor, boss, etc., as inspected by regulars.

(4) The neighbors' kids that get on your nerves.

(5) Gossip parties (committee meeting, ladies' aid society, etc.).

(6) A quiet evening at home. Introduce various interruptions.

(7) The newlyweds' first meal at home.

(8) A business office scene.

(9) Gum-chewing and yawning act.

(10) New skits of literary or historical characters (Huck Finn, Mr. Pickwick, David Harum, Three Musketeers, Mother Goose stories, fairy tales, new tales about Washington, Lincoln, etc.

(11) Old-time "bees" (corn husking, candy-pull, quilting party).

(12) Contrast a party of "young-folks" and "old-folks."

(13) A spiritualistic or hypnotist seance.

(14) A country fair or district school.

(15) The comic pictures often suggest situations for skits.

12. Amateur Dramatics and Pageantry and Story Telling. The subject is technical and the literature is extensive. This kind of recreation is most satisfactory and should be given a large place on a recreational program. The Drama League of America (Chicago) or the New York Drama League should be consulted for the best literature on the subject. Any library can furnish books on any of these subjects and lists of publishers of plays, skits, etc.

13. *A Few Books.* Stratton's *Producing in Little Theaters.* Clark's *How to Produce Amateur Plays.* Mackay's *How to Produce Children's Plays.* Taft's *Technic of Pageantry.* Miller's *Church Pageantry.* Benton's *Bible Plays.* Beegle and Crawford's *Community Drama.* Hacher's *How to Produce an Amateur Circus.*

Total List 71. Musical Culture Recreation

The object is for personal pleasure of accomplishment in playing musical instruments and in singing.

1. List of Musical Instruments. (1) Strings (Violin, 'cello, bass viol, harp, mandolin, banjo, ukulele, guitar, zither).

(2) Wind (Organ, accordion, harmonica; brass instruments—cornet, trumpet, trombone, baritone, tuba, French horn).

(3) Whistles (Clarinet, saxophone, bassoon, flute, fife, piccolo, ocarina, kazoo).

(4) Hammers (Piano, xylophone, vibraphone, hand-bells, chimes, musical saw).

(5) Drums (Snare, bass, kettle, tambourine).

(6) Clanging (Cymbals, castanets, bones).

(7) Scraping (Musical glasses, musical saw with bow).

(8) Mechanical (Player-piano, phonograph, radio).

2. *Vocal Culture.* Singing and whistling (see List 78 for social singing).

3. *Some Musical Games.* (1) Pass an instrument down the line each to play on it, either one note, the scales, a line of a melody, or entire verse.

(2) Contest in the length, strength, or quality of sounding a tone by voice or instrument.

(3) Play an instrument while racing, either continuously or at intervals.

(4) Write, draw, dance, or perform some other action while playing an instrument.

(5) Contest in vocally imitating musical instruments.

(6) Line up a row of persons and give each one note to imitate, then play on this human instrument by each sounding his note when you touch him or pull some attached device.

(7) Sound any note on an instrument; each guesses what it is.

(8) Distribute clipped lines of songs, each to sing his line at the proper time, or play it on an instrument.

(9) A number of different instruments are in a pile. Each one of the team must race to them, play on each, and then relay.

(10) Alternately sing and play different notes or measures.

(11) Several horns are held by persons who are stationed at intervals on the course. Each of the racers must blow on them in turn without handling them himself.

(12) Entwine arms about the legs and play some instrument.

(13) Sing one song while someone else plays another melody on an instrument.

(14) Someone plays a series of tunes, each of the group to make a list of the titles.

(15) Race (see List 1), and when the musician stops, the runner must wait until the music starts.

(16) Alternately race and play on some instrument as a signal is sounded.

DIVISION 5. FADS

Total List 72. Fads and Hobbies

1. *Toy Play.* (1) Kite making and flying.

(2) Toy airplane making and flying.

(3) Tops and toy gyroscope spinning.

(4) Play with mechanical toys.

(5) Make and sail toy boats.

(6) Suction Disk. Cut a disk of leather, insert a string through the center, soak it and apply to any small smooth object and it will stick to it. Some even may be lifted.

(7) Skipjack. Tie a string or rubber band around the prongs of a wishbone. Insert a small stick between two strings and twist it several times, then place it on the floor and it will flop about.

(8) A Buzzer. Punch two holes about 2 inches apart at the middle of a tin or cardboard disk. Insert a string through these holes and tie to form a loop. Twist and pull on the string and the disk will buzz (Fig. 285).

(9) Whistles. Make willow whistles.

2. *Collecting Fad.* Stamps, tags, art objects, antiques, coins, eggs, postmarks, flags, flowers, knives, shells, butterflies, stones, minerals, jewels.

3. *Inventing.*

4. *Care of Pets.* Dogs, cats, rabbits, pigeons, fish, birds.

5. *Books.* Bullivant's *Home Fun. Boys' Own Book. Girls' Own Book.*

PART III. SOCIABILITY

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DIVISION 1.—PARTIES

All forms of physical play in which two or more persons participate are more or less social, whether they be ball games, athletic meets, friendly boxing bouts, or games of golf. Indeed, one of the best recognized values of physical play is that it forms the most natural social background and most lastingly cements friendships. Yet the physical and competitive elements predominate in games.

Mental pleasure to be greatly enjoyed does not need companionship to the extent that physical play does, yet it too is enjoyed more with companions.

There is no distinctive "social play" apart from physical and mental features. What is called social recreation is merely the use of physical and mental activities to give a group of people a happy time, the emphasis being on better acquaintance rather than competition—to laugh and play *with,* rather than *against,* others.

We are concerned not merely with social play, but with sociability in its wider sense. Mere talk and good-natured banter are means of sociability, although they have no play elements, and to many people they are the only means of sociability. Calls, visits, receptions, and "society" are little else than dress-up, talk, and eat affairs, but they are used more frequently than all other forms of play combined, and to become a good conversationist is a great achievement. Parties are the backbone of the social program for churches, clubs, and fraternal organizations, and they deserve the careful attention of recreation directors.

SOCIALS AND PARTIES (METHODS)

In accordance with the plan of this book, the features that go to make up a social or party are analyzed and treated briefly. These features are: (1) Invitations. (2) Decorations. (3) Games. (4) Entertainment features. (5) Fellowship. (6) Refreshments. (7) Closing.

1. *Invitations.* Printed invitations are often too expensive. Hand-made posters, amateur printing, and mimeographing are available almost everywhere, but usually announcements and newspaper write-ups are sufficient. Invitation parties are by phone, personal, or written note. Posters and show cards can usually be made by a local "art fan." Almost anyone can learn to make a suitable bulletin notice by following the instructions of a book on show-card writing.

2. *Decorations.* Consider the attraction of color, light, and action. Green, red, orange, and white combinations are desirable. Green soothes; red indicates warmth; orange, brilliance; white, purity. Blue is cold unless it is delicate, and much purple is depressing, although a spot of it may represent royalty. Much depends upon quantity and combination. An art book on color combinations will be helpful. Other things to use in decorations are flowers, foliage, sheaves, flags, banners, cushions, candles, lanterns, vases, relics, pictures.

3. *Games.* Conducting the games is a play leader's job, and he should not be expected to have any other part of the program of work. It is highly desirable that he be cheerful, peppy, tactful, versatile, a good mixer, and have many other qualities, but all such desirabilities are rarely found in one person. Anyone with common sense and perseverance to master a few simple hints can conduct a list of games successfully. These are:

(1) He should know or have available many good games, group songs, cheers, marching figures, and sometimes folk-dances (not jazz dances).

(2) Select music that is not harsh (jazz). Use piano, or piano and drum for marching, drills, and singing.

(3) Carefully prepare beforehand a list of games and have a written copy handy as a reminder. Select such as require the least preparation, that do not embarrass, and that are suitable to the age and sex. Avoid high-brow features that require a memory of classic literature, history, art, music, and other "school knowledge." In children's parties "make-believe" may be used, but not for grown-ups.

(4) In actually conducting the games begin as soon as the first guests arrive. Keep them busy all the time, but have only one game at a time (except consolation matches for the losers in elimination games). Either have alternate active and quiet games, or all actives first and quiets last. Do not make long explanations, but select a few players and demonstrate the game. To get attention do not use the whistle too much;

a quiet and expectant air will often be more effective (poise, not pep), but make no explanations until there is quiet. To prevent "sitters" start a march, song-drill, or have no chairs in the room during the games. Do not waste time coaxing them to get in. If games do not appeal to most of them, change to singing, story telling, or a joke game on someone who has been previously prepared for the emergency. Stop a game when it begins to lag, but do not stop a good time to correct a minor mistake. In games that require a penalty act by the loser, give some easy knack, song, speech, or imitation. Prevent cliques by giving them some responsibility.

To form groups or teams quickly either count-off or assign them to groups according to location, age, weight, birthplace, color of hair or clothes, etc., or distribute numbered or colored cards.

To form couples quickly: (1) Line the boys along one side of the room and the girls the other, and march them to a meeting point. (2) Distribute or draw duplicate numbers, names, colors, who hunt each other. (3) Count off while facing away. (4) Birth States or months.

To match couples more slowly than above: (1) Match personal features (length of fingers, arms, arm spread, shape of nose, color of hair, height, weight). (2) Ladies hidden except hand or foot, and the men choose. (3) Choose from shadowgraphs. (4) Men toss coin, women call. (5) Each sex grasps the opposite ends of a bundle of cut strings. (6) Double chair scramble, the two eliminated becoming partners. (7) Simple act of skill, as ring toss, needle thread. (8) Girls and boys in different rooms, a leader in each selects the two to meet at a given place. (9) Girls' names on cards tacked to a board, the boys to throw a feather-cork dart at them. (10) When several pair-games are on the program, the man may sign up the girls for the different numbers.

To decide the first choice in team play: (1) Baseball bat hand grasp up the bat alternately. (2) Hold something in a closed fist, and who guesses right gets the choice. (3) Draw lots. (4) Coin toss up. The leader holds fingers extended so the captain cannot see them as they guess. (5) Race to a given place.

4. *Entertainment Features.* (1) Special number of music, reading, magic, eurythmics. (2) Imitation play, stunts, pantomimes, skits.

Caution: Use entertainment features sparingly, since the main object of a play time is to have all take part rather than be entertained by an expert.

5. *Fellowship Features.* (1) Group singing (see List on "singing"). (2) Each tells a story. (3) Jokes. (4) Just talk. (5) Cheering:

Cheering and yelling are useful in expressing mass enthusiasm in adolescent school and club life, and each college, school, or other young people's organization has its own distinctive "yells." Such yells are too ephemeral to give space in a book. It is much better for each group to get up its own yells and change them frequently; otherwise they are likely to grow stale.

6. *Eats.* (1) Ice cream and cake. (2) Popcorn and candy. (3) Fruit drink and crackers. (4) Sandwiches and nuts. (5) Pie and cheese. (6) Fruit in season.

7. *Closing Features* (the last minute or two only). (1) Good-night song. (2) Formal brief speech of appreciation. With ample preparation this can be made unusual. (3) Circle formation; give yells, and recite some lines of appreciation, as—

> We wish to say to our good dame
> That we are very glad we came;
> Let's all now call o'er moor and fen,
> That we would like to come again. (*Wegener.*)

(4) For church groups. Opinions differ on the desirability of closing a church social with a few brief serious words by the pastor and a prayer. Some are able to do it without a spirit of cant, but it should not be thought necessary. A well-conducted social is character forming in itself. Singing a cheerful hymn is preferable.

Total List 73. Sample Features for Special Day Socials and Parties

Usually a social centers around a single idea, and the invitations, decorations, games, and special numbers should play-up the main idea. The most common special-day socials are on Halloween, Thanksgiving, New Year's, Washington and Lincoln Birthdays, Saint Valentine, and April Fools' day, but sometimes unique and grotesque socials are held at other times, such as, Old Timers, Hobo Night, The Gay Nineties. Socials may center around any idea or event, and several books are on the market with ample details. But much of such literature is taken up with lengthy descriptions of invitations, decorations, and eats, monotonously repeated, whereas, what is most desired is a brief list of games and features that the group will enjoy. Such a list is given here. The author does not believe it desirable to spoon-feed readers by giving every detail. A person with average brains needs only a suggestion here and there to start his own ideas working. Thus in considering special days only the salient events or ideas of the day will be presented.

1. *New Year's Social.* The main idea is a forward backward look, and suggests time, calendars, clocks, bells. Feature stories, poems of recollection. New Year make-up and skit. Calendar display and distribution. Oral or written resolutions for self or others. Bell racing: keep it ringing, or relay it by grasping only in a given way. Throw at bells. Tinpan chimes. Prophesy. Make mottoes for the year. Pin paper-cut knockers on a figure of a big bell. Old and New Year skit, such as, "What He Left Behind," "See What the New Year

Brought In." Look over the physical and mental play Lists of this book and adapt any to the present occasion.

2. *Lincoln's Birthday* (February 12). Frontier scene. Log cabin. Lincoln story contest. Draw a cabin contest. Rail-splitting (cut a stick into slivers) contest. Memory contest of Civil War events and characters. Lincoln's favorite sport was wrestling, so have contests in safe-and-sane wrestling (hand, toe, lift, etc.; see wrestling List). Contest in reciting Lincoln's Gettysburg Address. Mock Lincoln and Douglas debate. Honest Abe contest. (Each borrows articles from others and returns them promptly.) A skit on any event in Lincoln's life (Abe the clerk; Abe the orator; Abe the pardoner; Abe the athlete). Adapt any of the foregoing games.

3. *Saint Valentine's Day* (February 14). The main idea is romance, sentiment, affection. Valentine making contest. Miniature archery at posted paper hearts. Rubber ring pitching at pegs that have a heart-shaped base. Distribute heart-shaped candies with sentimental lines and trade to get the most beautiful one. Valentine verse-making contest (the best or the mushiest). Have some poetry books on hand and compete in collecting love sentiments. Hunt small paper hearts previously hidden. Tear paper hearts in two separately, then distribute one half to the boys and the other to the girls; then they find partners. Flick paper hearts at a mark or drop them upon a floor target, or fish them out of a basket. Cut comic valentines into four pieces, distribute, and at a signal try to get the parts together first. Cardboard wheel of fortune having love sentiments. Make a list of famous lovers. Draw or cut "heart" blindfolded. Write-love-letters contest.

4. *Washington's Birthday* (February 22). Main idea—The American Revolutionary period. Display relics. Pin name of a Revolutionary person on the back of each one, he to find out who he is. Minuet dance. Mock cherry tree cut down, using toy hatchet. Contest in colonial costume-making out of paper. Make a miniature cherry tree with paper or wax cherries suspended by strings; then, blindfolded, cut string with scissors. Mock battle of Concord by two blindfolded persons feeding each other Concord grapes. Mock Paul Revere's ride in cardboard carton, hitching it along at each jump. Contest in singing "Yankee Doodle." Skit, "The First Inaugural." Washington relics toy-making contest. Guess the number of artificial cherries in a can. Pin cranberries for cherries on a tree design. String-cranberries contest. Adapt any other physical or mental games.

5. *Saint Patrick's Day* (March 17). An Irish social is the main idea. Note a list of things associated with it: Shamrock, pigs, harp, Blarney stone, potatoes, Irish songs, dances, stories, poetry, eats. Use decorations appropriate to these ideas. Select certain persons to be prepared to sing Irish songs, recite poems, dance the lilt, tell Irish yarns. Some games: (2) Pass potatoes. (2) Potato relay races. (3) Blindfolded pin

paper shamrocks on someone's lapel. (4) Carve Irish face out of a potato. (5) Throw paper wads into an Irish hat. (6) Try to outsing someone else, using Irish songs. (7) Make a list of words that have "pat" in them. (8) Make up some Irish verse. (9) Make a list of things suggested by a harp.

6. *April 1* (All Fools' Day). Main idea—Pranks, foolery, cap and bells, etc. Jokes (glued coin, toy spider, gold brick, fake hunt). Veiled mirror with sign, "Step up and see the fish." Conundrums. Have a different party from that announced. Post misleading directions. Blindfolded games and stunts (for example: Walk among objects on the floor. Recognize persons' voices). Goose chase (he wears a goose mask, she chases him). Have some joke eats, but always have some real eats to finish.

7. *Easter.* The main idea—Spring, lilies, fashions, chicks, eggs, and rabbits. Stage an egg hunt. Hard-egg rolling race, using pencils. Egg blowing at toy chicks, or eggshell blowing on a string. Egg on spoon race. Egg word list making contest (Exist, exact, etc.). Shoot, snap, or flick beans at eggshells. Chair scramble with eggs in certain chairs. Finger baseball on a table, using an egg for a ball, and your finger to run bases. Spear or throw at animal crackers. Race, pushing toy rabbit with stick. Animal-cracker hunt. Blindfolded draw a chick or rabbit with the left hand. Pin paper lilies to a stem marked on a sheet of paper. Prize Easter hat made out of paper.

8. *May Day* (May 1). Main idea—Spring, moving, housecleaning, fishing, hiking. Collect and display spring flowers. Paper flower-making contest. Cut out and post pictures of flowers and compete in making a correct list. Contest in reciting or making spring poetry. Toy fishing. Spring-cleaning pantomime. List of things we all like to spring from. Taking off the old red flannels. Skit, "Good-by, Winter, Spring Is Here." Spring planting. Fishing for compliments. We move out (eviction scene). Pantomime, "Going barefoot." Maypole.

9. *Independence Day* (July 4). Main idea—Liberty, firecrackers, noise, jubilation, fife and drum. Many features suggested for Washington's Birthday are appropriate here also: Outdoor party. Shoot at target with popgun, sling, blowpipe. Military drill. Firecracker hunt. Pin stars to a flag. Flag-drawing contest from memory. Blindfold, put whiskers on a picture of Uncle Sam. Liberty Bell signaling. Recite Declaration of Independence. Capture games (see List). Dramatize Uncle Sam and Columbia.

10. *Halloween* (October 31). Main idea—Mystic frolic, witches, moon, pranks, harvest. Have dim room, rattle of chains, tin cans, and a mystery room or witches' cave (a barn or garret is a good setting). Corn-husking contest. Apple-paring race. Fortune telling. Push-an-ear-of-corn race. Corn shock (hidden battery). Suspended apple or cruller eating. Apple bobbing in water. String popcorn race. Guess the number

of seeds on an ear of corn. Spear the mouth of a whirling pumpkin. Pare and eat apple relay. Shadowgraphs. Cut can rubbers in horseshoe shape and have a pitching contest. Ghost or witches march in dim light. String wet pumpkin seeds. Welcome handshake with cold clammy glove handshake, with a spook make-up. Ghosts that I have met (spook seance). Fortune wheel. Cat-yowl quartet. Ghost stories.

11. *Thanksgiving Day* (last Thursday in November). Main idea—Colonial, Puritans, Mayflower landing, Indians, harvest, turkey. Autumn decorations. Nut hunt. Transfer seeds (kernels) from dish to dish with two sticks. Taffy pull. Show pictures of Plymouth Rock Ancestors, also Plymouth Rock hens. Spelling match. Popcorn or pumpkin-pie eating contest for form, not speed. Apple-pass relay. Miniature archery at toy turkey. Contest in stuffing a cloth turkey. Guess the weight and size of various vegetables. Insert a hand into a bag of mixed nuts and write a list from merely feeling them. Cut an apple without cutting the peeling. Scarecrow quartet. Lighted candle race or blow out from distance. Mock colonial school.

12. *Christmas Eve* (December 24). Main idea—Christmas tree, gifts, Santa Claus, good will, fireplace, holly, reindeers, winter. Holly leaf passing. Foot-to-foot racing, and throwing popcorn into a box. Blindfolded, pick articles from tree. Miniature paper-sled blowing contest. Pass a lighted stick and penalize anyone who lets it die in his hand. Roll a glass tinsel ball with a toothpick, racing. Dribble three kernels of popcorn with a feather race. Down-the-chimney race (Cardboard boxes painted as chimneys. Mount on chair, step into it, and pull up over the head). Toss up and catch in the mouth five kernels of popcorn while doing the backward cross-step race. Mounted on sled, hitch-it-forward race. Exchange gifts (Pass out many simple objects—buttons, pins, stones, etc.), each keeping his hidden, and exchange, trying to get something of more value, according to a scale of values posted. Nativity scene. Christmas-carol singing.

Total List 74. Subject Socials

These socials center around a given subject or idea. Some samples follow:

1. *Month Social.* Any month may be celebrated by playing up its distinctive characteristics; or the months may be reversed, such as a January social in August.

2. *Nation Social.* Each nation, race, or country has its own distinctive characteristics, whose history, manners, and customs furnish ample material for a social on any of them. The spirit of Ireland is kept alive by Saint Patrick's Day celebrations with their shamrocks, harps, blarney stone, Irish potato, Irish brogue, clay pipes, Irish jokes, songs, and dances. The spirit of Scotland by its kilts, bagpipes, highland fling, oatmeal,

heather, plaid, thrift, brogue, songs. Likewise, any nation's life may be used by a little study of its manners and customs.

3. *Cities or States Socials.* What was said of national socials applies equally to American cities or States. Each has its distinctions which can easily be learned from an encyclopædia. Thus, Boston with its colonial, Revolutionary history, and culture; California with its early Spanish background, its gold-rush, its sunshine and fruit and movie industry; New Orleans with its French and Creole history, and its Mardi Gras; Minnesota with its Scandinavian population, and its iron, wheat, and lumber industries. What play director needs more than a suggestion in this fertile field?

4. *Famous Persons Social.* Center on one person or have an evening of great personages in the same calling (authors, soldiers, statesmen, etc). Have different ones impersonate them in giving something through speech or reading for which they are famous. This will require a study of biography and serves a double purpose of culture and recreation.

5. *Fake Political Convention.* Delegates are registered by judges who ask funny questions. Divide into parties with queer names. Select candidates (such as hash inspector, goat catcher, etc.). Adopt platform (free eats, free rides, no taxes, etc.). Mass meeting, where candidates are notified, make speeches giving their policies. Election, jubilation, and inauguration.

6. *Collectors' Social.* Each brings samples of his collection hobby and puts them on display. Each then tells why he selected that hobby and gives some experiences. May be made an occasion for exchange. Play exchanging games. Ride the hobbyhorse. Quiz on objects on display.

7. *Burlesque Athletic Meet.* Adopt a scoring system (3-2-1 is the simplest). Any events may be used, but give athletic names. (1) Shot put (drop beans into a milk bottle). (2) 100-yards dash (chew string race). (3) Hurdle race (hop backward over pillows). (4) Javelin throw (throw a feather). (5) Broad jump grasping toes. (6) Discus throw (place a button on the head and project it with a forward or backward head movement). (7) Mile run (blow a paper cone on a horizontal string). (8) Relay race (as each meets the next racer both grasp hands and whirl about four times), etc. Finish with burlesque prize presentation.

8. *Indian Social.* Display of relics. Camp fire. All come made up as Indians (have different tribes represented). Basket-weaving contest. Tepee building. Archery. Toy-hatchet throw. War council and dance. Indian songs. Parlor lacrosse (two teams sit facing and play a toy balloon or sponge ball with reed loops).

9. Mock trials, assemblies, councils, Legislatures, and Congresses are both social and educational and should be encouraged. The manner of procedure can be obtained from the presiding officer of any of these legislative bodies.

10. *College Evening.* Before the evening comes have groups divided, each representing a college, and who have made a study of the customs, colors, yells, songs, etc. Stage contests in oratory and miniature athletic meet. (See 7, above, or use any events listed in the physical section; modify to suit the space.) Songs and yells contest. Burlesque lecture. Graduation. Registration. Class organization (each stages a funny frolic).

11. *List of Some Other Socials.* Airplane, Poverty, Gypsy, Flower, Nut, Auto, Gift, Flag Day, Old Folks, Backward (do everything backward), Zoo, Art, Industrial, Vehicles, Sports of the nations, Pets, Curios, Handwork, Costume, Music, Fakirs, Fashions of all ages, Toys.

To work out the details of any of these titles, (*a*) decide on the subject, (*b*) make a written list of everything connected with the subject, (*c*) select features that can be displayed and that can be used as games, (*d*) consult the lists in this book, and adapt them to the features either straight or burlesqued.

12. *Some Features* Suitable for Socials. (1) Lost-and-found Sale. Wrap all kinds of things in packages and sell or auction them unseen.

(2) See how many things can be done with corn cobs (races, tossing games, juggling, stack, build, etc).

(3) Play "train." Form chairs, have bell-cord, personnel, and many queer characters who ride.

(4) Display many different kinds of tools and have them listed.

(5) Make-believe visit to a gallery or museum.

(6) Collect lists of "things I do not like" and tell why.

(7) Each gathers leaves or bark, lists them, and then all decorate.

(8) Paper-tearing Contest. Either blindfolded or not, tear out designs.

(9) Novelties. Each brings a novelty for display or list-game.

(10) Limerick-making Contest.

(11) Things to do with popcorn: Make chains, drop into dish from a height, race with them on the back of the hand, transfer with two-pointed sticks, etc.

(12) Play "post office"—Writing, delivering, misdirected mail, etc.

(13) Candidating for office, or applying for a position. This can be made instructive as well as humorous.

(14) Each interviews the other and collects material for a magazine article to be written and read there.

(15) Tom Tinker. Each brings something to repair and some tools, take turns in repairing them or elect some to do it. Give credits.

(16) Old photo display, and joke photo taking.

(17) Leap-year Number. Girls to take the initiative.

(18) It Pays to Advertise. Each decorates himself with posters and ads cut out of the magazines. Have some ballyhoo by one or all.

(19) Fake Museum. Have on display all kinds of fakes (glove for a kid, a wiener for the prize dog, etc.).

(20) Blarney. A stone on the table amid a pile of cards, each with a girl's name. Boys kiss the stone, take a card, and compliment the owner profusely.

(21) Take a Chance. Each writes on a slip of paper some stunt for one person. Collect and distribute, each to do as directed.

(22) Each writes a telegram to someone present. Have someone act as operator to telegraph on a large fake instrument. A receiver takes it down and reads.

(23) Each draws a topic of conversation from a pile of duplicates, the two converse, then redistribute and repeat.

(24) Mock Winter Sports. Make snowman with paper or sheets, snowballing with fluff balls. Ice-passing relay, etc.

Books: Dawson's *Book of Parties and Pastimes.* Harbin's *Phunology.*

Total List 75. Social Mixers

The object is to get people acquainted and have a happy time. These should be scheduled early on the program. There are really few distinctive features of this kind. Getting acquainted, or better acquainted, is an important factor of all games and play, but there are some games that do this quicker than others, samples of which will follow. Where there is the least doubt about the people not knowing each other's names it is important to label each one distinctly with large printed letters. Note the following sample mixers:

1. General handshake, pronouncing each one's name carefully.

2. Converse with each in turn for 15 or 20 seconds, pronouncing his name not less than three times during the talk.

3. Give a number to each one. Line up the boys on one side and the girls opposite. Each is to write the names of those in the opposite line from memory. Give credit for correct list.

4. Repeat-names Game. Line up. The first one says, "I, Jo King, am glad I'm here." The next says, "I, Al Lee, say that Jo King says that he is glad that he is here," etc., each giving all the names of those before or go to the foot.

5. Coin Handshake. Secretly give a coin to someone, then state that the twentieth person that the coin holder shakes hands with gets it.

6. Collect the most autographs in a given time.

7. Double circle march, boys in one direction, girls in the other. At a signal the boys about face and walk with the girls at their sides, each calling the other's name. At next signal the boys march in the reverse direction again, etc.

8. Form a circle. X at center points at anyone, who must at once give the name of his next neighbor.

9. Each one has a slip-name pinned on his back and each makes a list of as many names as possible in a given time.

10. Make paper hats. Write names on them and put girls' in one pile. Each boy takes a hat, finds the owner and talks with her or does some required act. Then the girls do likewise, etc.

11. Figure marching with frequent change of partners is always good. The figures should be known to the leaders.

12. Each has his hand in a paper sack that is tied about his wrist, and shakes hands until the sack is torn to pieces.

13. Trading. Cut ads or ad pages found in magazines into equal number of pieces and distribute several pieces to each person, who then exchanges with others to get a whole ad, if possible.

14. The leader sets an example of unusual ways to shake hands.

15. Each one's name is written on a card with the letters changed around. Distribute and see who first deciphers the name.

16. X calls the names of two persons, who must change places.

17. Suspend two apples close together. Each of two persons blindfolded eats his own apple.

18. Slips are given to the men, each describing some girl whom he must find.

19. The leader secretly selects some spot on the floor. Then all march about the room and at a signal all stop. The boy and girl nearest sign each other's card. This is repeated often, and whoever gets the most signatures on his card wins.

20. Cards with boys' names are scattered about inkside down. The girls march about and at a signal pick up a card, find the boy; check up and repeat several times.

Total List 76. Chance Games

The idea here is to list those features of social play which involve mere chance. Some samples follow:

1. *Guess.* (1) Is it here or there? Z hides one or more objects in his hand, box, bag, shell, etc., and X must guess where it is. (2) Guess how many. Z hides any number of objects in his hands or other receptacles or merely holds them out of sight (such as holding fingers extended back of himself) and X guesses. (3) Odds and even. Z hides objects; X guesses if the numbers are odds or even.

Note.—Other guessing games are given in List 66.

2. *Counting Off.* All devices for counting off in games or of choosing by lot are in themselves chance play. The simplest method of counting off is by rotation in numbering. Reciting meaningless doggerel or formula is questionable; it is much better to make up some, or take some pleasing modern jingles, that do not lumber the mind with worthless twaddle.

3. *Remove the Support.* Support a button, seed, or other small object on a mound of salt, sugar, sand, or flour. Each in turn must scrape part of the supporting material away. Whoever causes the button to move must pick it up with the lips.

4. Spin an Indian club at the center of a circle of players and at the same time utter a "who has" question (for example, "Who has the biggest nose?"); then the person is indicated by the way the club points as it falls.

5. *Fortunes by Lot.* Write "fortunes" on slips of paper and pass out to the group, each to read his.

6. *Have It, Lose It.* Pass an object about among individuals or teams, and whichever one has it when a signal is given is penalized. The signaler should have eyes closed.

7. *Grab It.* (1) Many objects are put into a bag, box, hat or other holder, and take turns in reaching in, or all grab at the same time. (2) Scatter nuts on the floor or candy on the table. All players must turn around three times, then grab. (3) Write instruction on slips of paper and expose only the ends of the slips, each choosing in turn.

8. *Strength of Objects.* Cross objects of the same kind (blades of grass, twigs, matches, rubber bands, etc.) and pull until one of them breaks.

9. *Touch Target.* Draw a wheel on paper, and number the spaces; X, blindfolded, puts his finger on the target and scores the number he touched. Or the circle may be marked on the floor and X at center hops into a space, and scores.

10. *Line-up Dots.* Each player puts fifty dots on a piece of paper. They take turns in drawing a straight line through the dots, the lines going all the way across.

11. In riding on the train, auto, etc., compete in sighting the most of a given object (horse, dog, chickens, birch tree, etc.).

12. *One of Three.* At a given signal two opponents hold up either one, two, or three fingers. If they extend the same number of fingers neither wins; if different, the winner is as follows: One wins over two, two over three, and three over one.

13. *Like-object Matching.* Each one has the same number of varied objects. X puts one of the objects on the table, then each one who has a like object must put one on the table, X taking the pile. Each in turn. Most objects wins.

14. Each one in turn is required to do something (movement, speech, song, etc.) until something decided upon happens (a bird sings, a dog barks, an insect buzzes, etc.).

15. *Chance Writing.* (1) Each writes the title (imaginary) of a book, turns it under and passes it to the next player, who writes the name of the author; the next gives the plot, and the last writes an imaginary criticism. Unfold and read. (2) Make a list of any part of speech, then

read any article and insert at will any of those who wrote instead of those in the article. (3) Each writes a name, passes it on, the next adds an action, the next a sentence. Redistribute and each makes a sentence with those words. (4) Each writes a question on one slip and the answer on another. They are shuffled and distributed and are read in turn. (5) Each writes a line of verse and folds it, the next adds another after he knows the last word.

16. Each has the names of half of the group on a card. The leader reads his own list, and those who have any of his on theirs check-off. The most names wins.

17. *Advice.* Each writes some advice. Cards are redistributed and before each reads what he has he must say if the advice is appropriate.

Total List 77. Joke Games and Play

The object being to put someone in a ludicrous situation. This should not be done without the consent of the person, else ill feeling often results, and that, assuredly, is not the purpose of a social time. Better not resort to joke games at all than to create ill will. Some safe joke games now in use are listed here:

1. *Egg Hold.* Get the victim to hold an egg with his fingers inserted through the hinge space of an open door.

2. *Blind Critic.* X is blindfolded and each shakes his hand. X tells what he thinks of each.

3. Put a spool of thread in your coat pocket and thread a loose end through to the outside. Someone will surely try to pick it off, and thereby will unravel a lot more.

4. Get the victim to roll a cylinder partly filled with small stones.

5. *Fake Exchange Places.* First play the circle game, in which each one has a number, and when the X calls two numbers they try to exchange places and X tries to get to one before the others. Then, at another time, number them in a whisper, giving all the same number, and at the signal all rush in confusion.

6. *Disguised Action.* Make some slow, simple movement which each must copy in turn. The next time make another simple movement and at the end make a perfectly natural gesture, saying, "Now do that." The others need do only the last gesture and give the same command.

7. *Smartie Jokes.* (1) Say, "I can put myself through a keyhole" (or ring, or into a bottle, etc.) and when the company doubts it merely write the word "myself" on a piece of paper and put it through the keyhole. (2) Bring Down. Tell anyone to get on a chair and say you will bring him down on a feather (hand him a feather that has some feather down on it). (3) Ask anyone to say just as you do, "Boots, without shoes." The correct reply is "Boots." (4) Declare that you can poke your head through a ring. (Put your finger through a ring and poke your head

with the finger.) (5) Tell someone to stack some chairs and you will agree to take off your shoes and jump over them (over the shoes). (6) Announce that you can touch a book inside and outside without opening the book. (Touch it indoors, then take it outdoors and touch it.) (7) Request anyone to sit down, and then tell him he cannot get up alone. (As he arises others will do the same.) (8) State that you can show the company something that they have never seen before and that they will never see again. (Crack open a nut and eat the meat in their sight.) (9) Place one hand where the other hand cannot touch it (on the elbow). (10) Tell the victim that he cannot stand on one foot until you count one hundred. (Count *very* slowly.) (11) Invite a guest to have his palm read; then have him close his eyes and put some red chalk on his hand. (12) Dare the victim to try to pronounce a Siamese sentence fast, "Owatagoo-Siam." (13) Put some hats on the table; then eat a cookie and ask them under which hat they would like to have it located. (Put that hat on your head.)

8. *Imitate Animal Call.* At first have all sound the call of various animals and birds, then give each a different one to sound, to see which can outcall the others, and finally whisper to all but the victim that they are to keep quiet, but tell the victim to bray like a donkey.

9. *Squeak-doll.* Secretly attach a small squeak-doll to the coat-tail of the victim and ask him to find it, as the others make it squeak when his back is turned. A whistle can also be used.

10. *Blindfold Maze Walk.* Place several breakable objects on the floor 3 feet apart, then tell the victim to walk among them while blindfolded without knocking them over. When he is about to start take the objects away. His stepping will be laughable.

11. *Seeing Animals.* Those who know this joke go to another room and call the victims in one at a time, ask them what animal they would like to see, then lead them before a draped mirror and pull the drapes aside.

12. Stage a mock ceremonial in which trick matches are used to light candles, spring flashlights and jack-in-the-box, etc., are used.

13. Arrange the following letters into only one word—w d o n o e r n y l o. The catch is to arrange them thus—"*only one word.*"

14. Dampen a coin and press it to the victim's forehead and ask him to dislodge it. Repeat this, press harder and longer, and then take the coin away. The victim will think that the coin is still on his forehead and will try to dislodge it.

15. Tell the victim that you will give him three words that he will not be able to pronounce. Say the words one at a time and ask the victim to repeat them after you: "Dashwabloke," "swamley," "wrong." Pronounce "wrong" vigorously and the victim will think he mispronounced the second word wrongly and will get confused as you repeat "wrong."

16. *Fake Slapping.* X and Z are told to stand back to back and bent forward and guess who hit them. The members of the group crowd about them in a striking attitude, but X is the only one who hits Z, the victim.

17. *Strong Drinker.* Take a glass of water in your right hand and dare any three in the company to hold your arm so that you cannot drink the water. After they take hold you deftly take the glass in your left hand and drink.

18. *Blindfold Airplane Ride.* The victim stands blindfolded on a board. To steady himself he puts his hand on X's shoulder. Two men lift the board only a few inches while X gradually squats, then ask him to jump off.

19. Have the blindfolded victims shake hands with someone who wears a glove that is covered with burdock burrs, or who holds some cold clammy object in his hand, or has a concealed battery handle that will give a shock.

20. *Mind Reading.* Mind reading may be used as joke games. See List 60 (4).

21. *Photos.* A photographer takes portraits of any and hands out a caricature previously made or clipped.

22. *Humor Play.* (1) Each of the group must demonstrate a different way to walk. (2) Several singers, speakers, or players try to drown the others' noise. (3) Laugh a song. (4) Add a motion drill. The leader directs the group to do a simple motion with the hands, continue it and add a movement of the feet, then of the head, trunk, and then sing.

DIVISION 2. SING AND DANCE

Total List 78. Social Singing and Song Play and Dancing

It is impossible in this book to discuss the details of these important subjects as they deserve. This should not be construed to mean that the author considers them of less importance to play directors. In truth, they are of equal or even greater importance. The director of recreation must be equally proficient in conducting games, dramatics, social singing, and drill dancing (folk and gymnastic). This present book aims to present thoroughly only the subject of games, but it also aims to direct play leaders where they can get reliable information on all of the other subjects they may need. Hence the following:

1. *Social Singing.* The recreational song leader's art has to do with (*a*) group singing at social affairs and (*b*) with large mass singing as in community choruses.

(1) Group Social Singing. Suitable for college, high-school gatherings, socials, young people's institutes, assemblies, and service club meetings. The songs must be light and cheerful, with a fair mixture of senti-

ment and humor, as in college songs, old and new popular songs, folk songs, and parodies, and found in such books as (*a*) college glee-club books; (*b*) *Golden Book of Favorite Songs, One Hundred and One Best Songs, Songs the Whole World Sings,* Marshall's *Music for Everybody,* Brewer's *Collection of Popular Songs;* (*c*) song books of the Rotary, Kiwanis, Lions, and other service clubs; (*d*) modern popular songs; (*e*) songs and bright hymns for church young people's organizations (address the denominational headquarters and the Social Recreation Union, Delaware, O.); (*f*) Harbin's *Parodology;* (*g*) *Twice 55 Songs.* Write also to the National Bureau for Advancement of Music, New York.

The song leader needs to develop a happy, carefree, confident manner, to memorize many songs, and be able to beat time properly. For the sake of variety it is a good plan occasionally to have the group hum, whistle, clap hands, imitate instruments, leave out certain words, act instead of singing certain phrases.

(2) Community Singing. This is mass or large choral singing, and requires more careful organization than the above. Song leaders need to be trained, who in turn teach the selected songs to groups who have registered for the grand chorus.

It is important to select the right kind of music. It is futile to use the light and airy popular adolescent music. Only the very best high-grade music should be used. (Consult the National Bureau for the Advancement of Music, New York.) Several years ago a study was made of the type of music called for most frequently in Chautauquas, and the results showed a high standard of musical appreciation in the average audiences, as follows: "A Perfect Day," "Annie Laurie," "Love's Old Sweet Song," "The Palms," "One Fine Day" (*Madame Butterfly*), Tosti's "Good By," "My Heart at Thy Dear Voice" (*Samson and Delilah*), "Aloha Oe," "O, Thou Sublime, Sweet Evening Star," "Absent," "I Hear You Calling Me," Beethoven's "Minuet in G," Rubinstein's "Melody in F," Dvorak's "Humoresque," Handel's *Xerxes* "Largo," "Pilgrims' Chorus," from *Tannhäuser,* Mendelssohn's "Spring Song," and "Meditation" from *Thais.* An experienced conductor testifies that he never saw community singing succeed with light and transient music and never saw it fail where high-grade music was used.

2. *Song Play.* This is for young children of the first two or three grades of school. See Burchenal's *Folk Dances and Singing Games,* Shafer's *Dramatic Dances for Small Children,* Hofer's *Children's Old and New Singing Games,* Newell's *Games and Songs for American Children,* Forbush and Allen's *Book of Games,* Bowen and Mitchell's *Practice of Physical Education.*

3. *Social Dancing.* Embracing dances, dances such as jazz, in which partners are in constant close bodily proximity, have proven to be morally undesirable because of the above fact and because of the objectionable musical rhythm. Those who seriously desire to get the results of

experience on this matter should (1) Address The Playground and Recreation Association of America, New York. (2) Investigate experience with dancing in church recreation. (See the Recreation Kit No. 14 of the Church Recreation Service, Delaware, O.) (3) Read a series of articles on Jazz in the Ladies' Home Journal, November, 1921, to February, 1922.

4. *Social Drill Dances* (folk and gymnastic dancing). These are real social dances to which there can be no real objection since they are but fancy drills, not requiring close bodily contact and objectional rhythm. But most of them are too vigorous. They are all right as exercises, but social dancing or drilling needs to have only light action and much social mingling.

Useful information may be had by writing the American Folk Dance Society, New York, also see catalogues of dance-book publishers (for example, A. S. Barnes and Co., New York, and F. S. Denison and Co., Chicago, etc.). One or more of the following books should be recommended to the local library. As with books of games, much of the material of these books are repetitions, so that one or two of these books will suffice: Henry Ford's *Good Morning,* Sharp's *Country Dance Book,* Burchenal's *American Country Dances, Dances of the People, Folk Dances from Old Lands,* VanCleve's *Folk Dances for Young People,* Hynman's *Gymnastic and Folk Dancing,* Rath's *Gymnastic Dancing,* Crampton's *Folk Dance Book,* Hofer's *Folk Dances and Games,* Crawford's *Folk Dances and Games,* Hofer's *Polite and Social Dances.* The Recreation Kit No. 14 (Church Social Union, Delaware, O.).

5. *Interpretative Dancing.* Suitable for show but not for social use; it is interpreting music and rhythm through bodily action. See Rath's *Æsthetic Dancing,* Sharp's *Morris Dances, Calif Dances* (Calif School of Dancing, New York).

PART IV. PLAY POINTERS

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DIVISION 1

List 79. Sample Lists of Games for Various Occasions

1. *Evening Social Games, No. 1.* (1) Greet each other in a most unusual manner. (2) Choose duplicate cards to pair off. (3) Pair off and march about the room singing a rousing march song, at the finish of which all rush to center and give a yell; for example, "We are glad, we are here; we'll have fun, never fear!" (4) Relay pass small paper box from mouth to mouth. (5) Contest in sneezing (most polite, loudest, longest, worst). (6) Count off into groups, each to put on a 2-minute stunt. (7) Toy balloon volley-ball game, using head only.

2. *Evening Social Games, No. 2.* (1) Label each prominently with his name. Each then writes the name of ten of the other sex, and writes and reads rimes on those names. (2) Grand march after choosing partners blindfolded. (3) All together do some knack, such as balance on one foot one minute while blindfolded or opposite ear and nose hold and suddenly change. (4) Hidden coin hunt. (5) All laugh when coin is in the air and be serious when it is down. (6) A three-event team meet in shuttle manner (backward hop, throw a light feather, back cross-leg race).

3. *Evening Social Games, No. 3.* (1) All shake hands. When the march music starts, each marches with the one he is greeting at the time; when it stops, the general handshaking continues. (2) Longest reach contest by standing far from the wall and touching it. May balance on one foot. (3) Can-rubber relay, each catching the toss on his finger and then foot-to-foot race for 10-foot mark. (4) X slaps anyone's outstretched hand if possible, who then takes his place. (5) Team contest in jumbled proverbs. (6) Each has ten different objects to trade with. After 5 minutes the leader mentions one of the objects and whoever has it is the winner of that game. (7) Measure high reach.

4. *Evening Social Games, No. 4.* (1) Each separately marches across

the room and recites his name with a rime; for example, "Weg-e-ner is not a burr." (2) All join hands, swinging them up and down while singing a simple parody posted on the wall. (3) X at the center of the circle tries to get a fluff ball or sponge that is passed or tossed about. (4) Relay, unwind and wind a small spool of thread. (5) Each team must pantomime a word given by opponents. (6) X at center of the circle points at anyone who must at once reply with a tongue-twister. (7) The men of opposite teams take turns in smiling an opponent girl over to fill a vacant chair, but may be stopped by a touch.

5. *Evening Social Games, No. 5.* (1) Double reversed crossed-arms handshake; whoever fails to do it right is given a hurrah. (2) Pairs march in a circle and at the first signal the men reverse march, and at the second they reverse again and march with the girls. (3) Obey X's commands, but not his actions. (4) Animal call hunt hidden objects; the captain only may pick them up. (5) Relay pass a ring on a string, which must be wound once around each person. (6) Progressive spelling match, each adding a letter but not finishing a word. (7) A joke game.

6. *Evening Social Games, No. 6.* (1) Each one enters in a paper make-up disguise and numbered. Each player writes a numbered list, which are then compared. (2) The men call the girls by name to form in line according to height. Misjudgments are noted, then the girls judge the men and comparisons are made. (3) Hook the forefingers, cross the arms at the elbows, and encircle the head with the loop thus made by the forearms. (4) Line-object passing, having arms crossed and grasping the neighbors' wrists. (5) Compete in loud or long note sounding or laughing in different tones or whistling. (6) Each pantomimes a melodramatic story as it is read. (7) Relay race carrying a book on the head and a plate with three marbles in the hands.

7. *Junior Hi Party Games.* For a large number in a large gymnasium. (1) Grand march, finishing in lines of eight or sixteen persons, each line to constitute a team. (2) Backward pass relay. (3) Progressive backward jump, all teams competing at the same time. (4) Push a dumbbell with a wand relay race. (5) Mounted on barrel staves relay race; each must hold the staves with his hands. (6) Contest in goose-step marching, by teams. (7) Basketball, goal-shooting, and relay race. (8) Around the waist hand-hold tug of war; elimination.

8. *Young People's Institute Recess Games.* In church social rooms. (1) First day: (*a*) March, sing, and yell. (*b*) Large circle weaving in and out and handshaking. (*c*) Lock arm safe tag (safe if arm is locked to one of the other sex). (*d*) Shuttle relay race. (*e*) Circle ball.

(2) Second day: (*a*) Lock step march and song. (*b*) Double circle introduction. (*c*) File weaving relay race. (*d*) Dodgeball with a fluff ball.

(3) Third day: (*a*) Personal knacks, such as a long reach, toe grasp

and jump, long push from wall, etc. (*b*) Blindfolded find partner. (*c*) Cross-step relay race. (*d*) Quick reply game.

(4) Fourth day: (*a*) Pairs side step march. (*b*) March and at signal men change partners while X tries to get a partner. (*c*) Hand-grasp hopping wrestle. (*d*) Pass out titles of old songs and at a signal those who have the same titles get together and try to outsing the others.

(5) Fifth day: (*a*) March in opposite lines backward and forward across the room. (*b*) Smile them over. (*c*) Wrist-grasp line relay pass. (*d*) Jump-stick file relay.

(6) Sixth day: (*a*) Follow the leader march, doing various motions. (*b*) Two teams line up opposite and try to pull each other over the line. (*c*) Pass a can rubber with sticks, team contest. (*d*) Snatch tag.

9. *Picnic Games.* Where conditions permit of organized directed play: (1) Segregate the primary children under teachers who conduct song play, sand play, supervise swings, etc.

(2) Combine adults and intermediates and give them marching, followed by knacks (List 27) in class formation.

(3) Mass games; tag (List 51) circle and line games (List 16).

(4) Team relay races and object passing (Lists 13, 21).

(5) Team games, such as soft baseball, volley ball (Lists 31, 15).

(6) Track and field athletic meet (Lists 17 and 28).

10. *Men's Summer School Recess Games* (on the lawn or in the gym).

(1) First day: Three calisthenic exercises. Swat him around the circle. Three-deep tag. Hand-bat baseball.

(2) Second day: Three slow stretching movements. Quick pass three or four filled balls. Circle ball. Filled-ball pass back relay. Kick baseball.

(3) Third day: Balancing exercises. Tandem-pull over line. Circle dodgeball. Post-hit baseball.

(4) Fourth day: Easy contortion. Hand-grasp hop wrestle. Stade relay race. Soft baseball.

(5) Fifth day: Lock-step marching and movements. Hand-hold wrestling. Line-march tag. Hit-him baseball.

(6) Sixth day: Knacks (ear-and-nose grasp, one leg squat, etc.). Lock-arm tag. Lift wrestling. Pin-hit baseball.

(7) Seventh day: Kicking exercises. Team-snatch object tag. Hopping-kick-ball shuttle relay race. Volley ball.

(8) Eighth day: Stepping and lunging exercises. Strength test by pairs. Team riding a pole race. Toss rope-ring volley ball.

(9) Ninth day: Exercises in pairs. Attitude safe tag. Encircle rope-ring relay race. Sponge ball bat volley ball.

(10) Tenth day: Circle formation calisthenics. Link-line team tag. Push them out of a circle without using hands. Guess who hit you with a soft ball. Indian-club set-up relay race. Filled-ball kick over opposite team.

11. *After-dinner Table Fun.* Transfer peanuts from dish to dish by spearing with a pin. Press coin to forehead and shake off. Brush a coin from the palm. Snap buttons into a cup. Put a half-dollar piece through a hole the size of a quarter. Match-laying puzzles. Smile measure. Pass clothespins on a knife. Pass and thread a needle. Balloon volley ball with heads only. Mental games. Simple physics. Simple handwork.

12. *Games for Various Ages.* Several writers give lists of games suitable for each school grade or each age group (for example, Stecher's *Games and Dances,* Forbush and Allen's *Book of Games,* Wegener's *Church and Community Recreation,* etc.), but such lists are not altogether satisfying because they list so few of them. To make lists as complete as desired would require in itself several books the size of this one, and then it would be found that there would have to be an endless amount of repetition, for most games are suitable for many ages.

With games classified as systematically and fully as they are in this book it will require but a short time for a play leader to select a list for any age or occasion. There are very few games that cannot be modified to become suitable for any school age. Smith's *Games* shows how familiar games may be adapted to teach scouting; several authors have written game books for boys, a few others for girls, and one at least for college intramural use (Staley), but all of them make use of the same kind of play listed in this book.

13. *The Most Favored Games.* A few have attempted to list the favorite games of children (for example, Clark's Harvard collection). Every experienced play director in time unconsciously, if not consciously, comes to depend upon a few preferred games which he has found unusually acceptable. Twenty-four such lists are given place in the Recreation Kit No. 13 and will be found very helpful to the beginner. Joseph Lee's favorites for playground use are also helpful: The farmer in the dell, hickory dickory dock, carrousel, Looby Loo, schoolroom tag, plain and bagpile relays, elementary basketball, drive a pig, partner tag, places-safe tag games, beetle goes round, stand and elimination dodge-ball, soft baseball, hill dill, round the castle, prisoner's base, fox and geese, three-deep tag, double skipaway, bull in the ring, bear in the pit, volley ball, captain ball, kick baseball.

The author's own experience is only partly reflected in the preceding lists of this chapter, but so much depends upon the place and occasion that no brief list can be adequate or satisfying for long. Each leader must eventually not only look for new material devised by others, but must also learn to originate, and the analytical scheme used in this book will be found most useful for this purpose.

14. *One-Object Games.* Often play is not attempted from lack of equipment, but it is surprising what may be done with simple ordinary things, such as sticks, stones, trees, walks, posts, wire, fences, string, buttons, dishes, etc. A resourceful director will devise games with what

is at hand. In this connection it is a good plan to have some object in mind as one goes over the lists of games in this book. For example, Many homes still have clotheslines and posts. How can they be used for home play? Well, here is only a partial list: Innumerable races as listed around the posts; post goal tag; ring toss over posts; sitting tether tennis; throw and hit posts; hit-post golf or croquet golf; ball throw or kick over lines and catch; volley ball and modifications; badminton; minton; sponge ball; ring toss volley; hit a trolley target; beanbag toss into a ground target; lodge beanbags on the line; climbing race from sitting position, etc.

GAMES FOR TWENTY SOCIALS

No matter how experienced a director of recreation may be with games he is always confronted with the question, "What shall I give them this time?" But knowing that he has had success with a few games which he has proved, he will seldom change his selection. A recent study shows that each play director depends on a small list of games, but that the games selected by the different directors vary greatly. This shows that there is no standard list of "best" games. But where several socials are conducted for the same group during a season it is necessary to have different lists of good games. The following twenty lists include practically all of the best social games used by play directors, each list different from the others, and are all that a play director will ever need.

EVENING 1:

1. General handshake, pronounce each one's name correctly or penalize. 2. X at center holds a stick upright on the floor, calls anyone's (Z) name, and lets go of the stick, Z catches it. 3. Two teams form word with letters they hold. 4. Three-deep or link or squirrel tag. 5. Throw ball about while X tries to make anyone drop it. 6. Do you like your neighbor (seat change)? 7. Weave relay in file formation.

EVENING 2:

1. Collect autographs, compliment each other, and speaking each other's name twice. 2. Any names pinned on back, each to find out who he is by "yes-no" questions. 3. Snatch tag. 4. Team yells words of a wise saying; others guess. 5. Speed transfer beans from dish to dish by inhaling through a straw. 6. Chairs back to back, march around and scramble for seat at signal. 7. Stade relay. (Each team runs around two chairs in any given manner, the team chairs are placed parallel and some distance apart.)

EVENING 3:

1. Varied handshake and pun or rime each other's names. 2. All simultaneously spin around four times, then scramble for nuts or candy. 3. Circle seat scramble ("scoot"). 4. Relay race, tossing a can rubber

to be caught on next runner's finger. 5. Parlor baseball, tossing rings or disks upon a marked field. 6. Toy-balloon volley-ball game.

EVENING 4:

1. Alternately the boys and girls trade the names of the opposite sex and at a signal form couples and march. 2. Match fingers by two opposing teams (one finger wins over two, two over three, three over one). 3. Opposite team hand-slap tag. 4. Pass it and whoever has it at a signal drops out. 5. Word forming, adding a letter, but not finishing a word. 6. Stand a bottle on its mouth relay. 7. Guess height and weight of opponents.

EVENING 5:

1. Hidden coin handshake. 2. Obey leader's command, but not his action ("Simon says"). Buzz (or sneeze or cough) on count 7 or multiple of it. 4. "No, sir; not I, sir." 5. Those on secret spots at a signal are favored. 6. Change collar, coat, and tie relay. 7. Charades (word acting by syllables).

EVENING 6:

1. Collect the most autographs in a given time. 2. Each is assigned a line of a song to sing when X points at him. 3. Sing tag, safe only when singing. 4. In couples, he blindfolded, she leads him about to shake hands with others and find out who they are. 5. Relay race on two pieces of board without holding or being fastened. 6. Partners rig each other up in newspaper costumes and parade for the prize.

EVENING 7:

1. Boys and girls march opposite in a double circle; at a signal the boys turn and walk with the girls. 2. X points at anyone (Z); Z must immediately do a given action, such as turning around. 3. Single blindfold tag in a circle of players (Ruth and Jacob). 4. Teams line up opposite and try to pull each other over a line. 5. Pass anything with arms crossed and holding your right hand neighbor's right wrist with your left hand. 6. Run around the opponent's line in relay.

EVENING 8:

1. X at center points at anyone, who must at once give the name of his neighbor. 2. Chase and pummel your right-hand neighbor around the outside of the circle. 3. X at center points at anyone and says something (for example, "Kickery kick"); Z must at once respond by saying "Kick." 4. All march about, then stop on a signal; whoever is on a secret spot is the winner. 5. During a relay race each one must write a given sentence. 6. Ring toss. 7. Indoor shuffles (like deck shuffles).

EVENING 9:

1. Each one has a paper ribbon pinned on his back and tries to snatch

those of others in a time limit. 2. Noun-object alliterate (for example, "My *arm* has *aches.*" "My *back* has *blisters,*" etc.). 3. X stands 20 feet in front of a line of Z's, who throw a soft ball at X, who then turns and guesses the thrower. 4. Action response only to a sensible statement (for example, "Birds fly." No action if "Dogs fly"). 5. In file, relay pass anything backward overhead. 6. Pass some slippery seeds in relay.

EVENING 10:

1. Pass out slips to each man describing the girls he must find and talk to. 2. Number each one. When your number is called, you must at once call another's. 3. In circle formation, pass a ring on a string, X at center guesses who has it. 4. Teams hunt for hidden bits of paper; none but the captain permitted to pick up the bits; anyone finding a piece must call his captain with a given team call. 5. Streets and alley tag (Y's stand in open order with arms at side horizontal. X chases Z among the Y's, who turn frequently on command). 6. Pass a string or rope ring just big enough to crawl through; each must go through it.

EVENING 11 (a parlor athletic meet):

1. Fifty yards dash (wind thread on a spool). 2. Vocal high vault (sing the highest or lowest note). 3. Standing broad grin (measure the widest grin). 4. Put the shot (put, from the shoulder, any light object). 5. Twenty-foot race (heel to toe, or cross step, or on heels). 6. Pass any object relay; each one must turn around once or twice before passing it. 7. Blindfold in file weave, relay race.

EVENING 12:

1. Girls in line; boys must shake the hand of each in turn in a different and unusual way. 2. Adjective acting and guess. 3. Laugh when an object is thrown up and be sober when it falls. 4. Individual knacks (for example, grasp nose and opposite ear, then make a quick change). 5. Pass a rope ring with the foot, relay. 6. Tiddledy-winks with buttons or melon seeds.

EVENING 13:

1. Write the boys' names on cards and pile them on the floor; the girls march about and at a signal each snatches a card, which boy becomes her partner for a march. 2. Attitude safe tag (safe only when in a given attitude). 3. Buzz (Count in succession, but when the count falls on 7 or its multiple, the player must say "Buzz" instead). 4. Hand wrestle. (Grasp opponent's right hand and try to make him move either foot.) 5. Pass out numbered cards; then exchange any cards with others. At a signal find and score the player who has a secret number. 6. Place several objects in a bag; each one feels of the objects through the bag and makes a list of them. 7. Blindfolded pass some object, relay.

EVENING 14:

1. Mingle about and at a signal the boy and girl nearest to a secret spot exchange autographs; the most autographs obtained in a given time decides the winner. 2. Blindfolded guess various ingredients by taste or smell. 3. Pair tag (pairs hold hands or lock arms). 4. Beast, bird, or fish quick response. 5. X at center revolves a bamboo pole on the floor, the players jump it, and if it hits anyone's foot he becomes X. 6. Book-on-the-head relay race. 7. Blindfolded pin anything on something else (for example, tail on a picture of a donkey, or a wig on someone's head).

EVENING 15:

1. All numbered, X spins the plate and calls a number, who must catch it before it drops. 2. Land, air, water reply. (If X calls "Land," Z must give name of an animal, etc.) 3. Hat tag: X carries a hat and tries to put it on any Z's head, who then becomes X. 4. Up Jenkins (thumbs up). 5. Pass a "buzzer" relay (a buzzer is made with a string through two holes in a tin-can cover), must keep it buzzing. 6. Human checkers (mark out a large checkerboard on the floor and use persons as checkers).

EVENING 16:

1. Cut up ads into pieces and distribute. At signal the first ad to be brought together wins. 2. Each is given some sound to make when X calls his name. 3. Guess the notes sounded on an instrument. 4. Contest in singing one song while someone plays another on an instrument. 5. Obey X's command, but not his action, unless he does the action he commands. 6. Pass from ear to ear in a whisper some gossip, verse, or saying and note how different it becomes at the finish. 7. Blowing through a long tube, blow some light object (seed, paper wad, etc.) along the floor, relay race.

EVENING 17:

1. Each one loops a piece of string with that of others, then pulls to find which string is the strongest, collecting names of all he vanquishes. 2. Draw a head of anything, turn it under; the next one draws a body, the third draws the legs, and the fourth draws the feet. 3. Form teams and pantomime well-known ads and others guess. 4. Contest in burlesque oratory or recitation. 5. Spear paper relay (each team lays six bits of paper 1 foot or more apart in a row. The first runner collects them by spearing each with an old-fashioned hatpin, the second lays them, the third spears, etc.). 6. Mock trial, the speeches limited to one minute (hasty justice).

EVENING 18:

1. Cut a news story into pieces and destribute, then each reads when he thinks his clipping fits. 2. Progressive story, each in turn taking up

the story where the other left it. 3. Contest in forming "tongue-twister" sentences. 4. Contest in writing sentences or paragraphs using the alphabet in order for each successive word initial. 5. In a given time make a list of words that read the same backward as forward. 6. Toss over relay race (a string is stretched 7 feet or more high; each runner must toss a ball over it three times during his run).

EVENING 19:

1. Display numerous articles; each is to make a list of them and what each reminds him of. 2. Given a subject each to make a rime or limerick. 3. Have on display a childhood photo of everyone present; each is to make a list of who they are. 4. Try to lay five checkers in a row on a checkerboard, moving alternately with an opponent. 5. Draw a simple crooked line on the board; each one copies it and draws anything he likes from it as a basis, contest. 6. Take away the first or last letters of words and leave other words.

EVENING 20:

1. Guess an object that another has in mind, allowing only twenty questions. 2. Make the most conundrums in a given time. 3. Change the consonants of words to make other words (for example, goat—boat). 4. Play cats-cradle with loops of string. 5. Match laying tricks, forming words or squares and changing to others in a given number of moves. 6. Standing in line the players pass some objects with hands back of the body.

HOW TO CONDUCT TOURNAMENTS AND LEAGUES

1. Team league games are usually, but not always, scheduled on the "each-all" plan, in which each team plays each of the others (sometimes called "round-robin"), the results determined by the number of games won, as in professional baseball. An eight-team league is best.

In making out the paired playing schedules the director will save time by using a mechanical scheme such as was devised by G. A. Brown as follows: With an odd number of teams, record the team number clockwise on a circular card; then with one number at the top (the resting team) the team numbers that are horizontally opposite are paired; then for the next day's line-up turn the disk so that the next number is at the top, etc. (Fig. 286).

If an even number of teams are in the league, no team rests, since all teams are paired, and in making out the schedule for each day on the above plan do not record No. 1 on the disk, but each day pair it with the top number (Fig. 287).

After thus pairing the teams a lined or printed schedule should be made and posted, giving the time and place and a space for the score.

2. *Tournaments.* These differ only from leagues in that a team con-

sists of only one or two players, such as in tennis, handball, checkers, etc. More kinds of tournaments are used than team leagues, such as:

(1) *Each-all* (as explained above), where there are not over eight players—usually only four. This is best used where players are of near or equal ability.

(2) *Elimination* tournaments may be used for any number of players or pairs, but are always used for more than eight players or pairs. Elimination is also used in team tournaments, where results must be determined in a day or two, as in the amateur national basketball tournaments. The Brown scheme of pairing, as above given, may be used, but the posted schedule or frame-up must be worked out according to the following device: If there are exactly 4, 8, 16, 32, or 64, "base" number of teams or players, the frame-up is simple (see Figs. 288 and 289). But if there are any other number of players, the frame-up will differ in each case, since preliminaries have to be played off so as to bring the number of players down to the next lower base number. These preliminaries are determined as follows: Subtract the number of players registered from the next *higher* base number and the result will show the number of players that *rest* until the others play preliminaries. For example: Suppose there are eleven players registered, the next higher base number is 16. Subtract 11 from 16 and the result is that five players rest until six players have to play their preliminaries. For the frame-up to be posted in this case see Fig. 290.

The plan for framing the resters in the above frame-up is to put half of them in the top frame and half in the bottom; but if there is an uneven number of resters, put the odd player in the top frame (see above).

(3) *Placed Tournaments.* Where contestants are of equal ability or where the ability of some is not known, they may draw for places in the frame-up, but the difficulty with this is that very often the best players are drawn to play each other too early in the tournament and the defeated player is eliminated, whereas he may be a far better player than any of the others. To avoid this, instead of drawing by lot it is customary for a committee to place the players' names on the frame-up so that the best players will meet in the finals. This is done by placing the best player in the top frame, the next best in the bottom, the next in the top, near the center, the next in the bottom frame near the center, etc.

(4) *Combination Tournaments.* A combination of "elimination" and "each-all" tournaments is better where there are many players. In this, use the elimination method until the semi-finals (4 players remaining) and then use the "each-all" plan.

(5) *Challenge Tournament.* In the above tournaments the time for playing each match is stated, and if either player fails to appear, the match is forfeited to the other player. It is necessary to be strict about this, otherwise there will be a great deal of "stalling" and delay. But by

this the best player may be eliminated even though he may have a reasonable excuse. To avoid this it is sometimes customary in local or club tournaments to conduct a challenge tournament. In this the names are drawn and recorded one after another, or in a column (sometimes called "ladder") arrangement or in a pyramidal arrangement. Any player then may challenge any one of the three or five players above him, so that if one cannot play soon another may be able to do so. To determine the winner, a time limit is set, or if No. 1 wins five challenged games, he is the winner. Then the next best player is decided in the same way, etc.

BIBLIOGRAPHY OF BOOKS FOR PLAY DIRECTORS

The list of books of games is a long one. There are too many for a play leader, or even a library, to own. Naturally, each one desires to know which is the best book. But this is impossible to say, since each author approaches the subject from a little different standpoint although using the same material.

There is no one book that may be considered as a play leader's manual, giving in detail all that he need to know. Such a book would be too voluminous; an encyclopædia or a shelf of many books would be needed. It has been one of the aims of the author to come as near to this as is possible in this volume, and although he is confident that he has given more material in briefer and better organized manner than any other writer on the subject, he is distressed to be obliged to leave so much technical matter entirely untouched, or inadequately treated. Yet, for anyone desiring to get the fewest books for a working library on games, play, and social recreation, he will find (1) that this present volume will perhaps be all that he will ever need on physical, mental, and social games. (2) Of next importance is social singing (List 78), then social dance drills (List 78), then amateur dramatics (List 70) and arts and crafts (List 68). (3) He certainly should own or have access to a good book of bibliography, such as *Sources of Information on Play* (Russell Sage Foundation, New York), or Physical Education Bibliography (American Physical Education Association). (4) Finally, he should have available a periodical devoted to the interests of the play director, such as the Recreation Kit (Church Recreation Union, Delaware, O.).

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